



**ACBC Case Study Exam  
March 4, 2026**

**4. Provide a biblical definition of anger. Describe manifestations of anger in both the inner and outer man. Explain the biblical factors that drive anger. Detail several biblical strategies to respond to anger.**

**Biblical Definition:** Anger is either righteous or unrighteous, an emotion that often has a physical component in that the whole person is engaged with an action or desire for action that accompanies the response.

- **Anger is either righteous or unrighteous.**
- **God expresses righteous anger which is His divine displeasure against evil.**

**Psalm 7:11**

**Matthew 21:12-13**

**Acts 17:16**

- **Anger is an emotion and often has a physical component in that the whole person is engaged in the response.**

**Genesis 4:5**

- **Often there is an action or a desire for action that accompanies anger, which can be manifested in a variety of responses.**

**Genesis 39:19-20**

**Exodus 32:19-20**

**Stuart Scott Definition:** A displeasure, possibly hatred, over someone or something that is violating a standard of right and wrong (commission or omission). This anger might be in accordance with God's Law or it might be part of one's own man-made law. (Data gathering would have to take place to determine if this anger is righteous or unrighteous.)

**Dr. Robert Jones Definition:** *Uprooting Anger*, p 15 "a displeasure, possibly hatred over someone or something that is violating a standard of right and wrong. This anger might be in accordance with God's Law or it might be a part of one's own man-made law. Anger is a whole-personed active response of negative moral judgment against perceived evil."

There is a **Righteous Anger**. We see that from God in the Scripture.

### **Ephesians 4:26-27**

**Manifestations of Unrighteous Anger:** Can manifest aggressive or passive. Attack or escape. Wrath/Venting or Internal Slow Burn.

#### **Aggressive**

Yelling, screaming  
Slamming things around  
Cursing  
Telling someone off  
Attacking verbally, name calling  
Hitting

#### **Passive**

Clamming up / moody  
Fleeing  
Being frustrated, irritated  
Denying anything is wrong  
Glaring  
Sighing, huffing, snorting, etc.

**\*\*Inward manifestations:** Seething, bitterness, revenge, hate, distortion, loss of rational thought  
Ecclesiastes 7:9; Ephesians 4:31

**\*\*Outward manifestations:** how a person looks, acts, speaks; apathetic, withdrawn, in bed 20 hours a day, crying continually, fetal position, will not go outside, loves the darkness (curtains drawn), thoughts of suicide, outbursts of anger in speech - Galatians 5:20; countenance - Genesis 4:4-8, Proverbs 25:23; actions - violence Genesis 4:4-8, Matthew 5:21-24

### **Sinful Anger Displeases God:**

**Psalm 37:8-9**

**Proverbs 14:29**

**Matthew 5:21-26**

**Ephesians 4:31**

**James 1:19-21**

### **Identifying Sinful Anger: Stuart Scott**

1. It is a deed of the flesh (Galatians 5:19-20) – not a fruit of the Spirit
2. Anger is natural to the fallen human heart (Genesis 6:5; Matthew 15:18-19; Titus 3:3)
3. Anger always involves thoughts, affections and choices (Proverbs 4:23; Ephesians 4:17-18). It is not neutral energy that you redirect.
4. Anger is caused by not being able to attain our proud selfish goals (James 4:1-3).
5. Anger never accomplishes God's righteous ends (Proverbs 11:23; James 1:20).

6. Anger sometimes points to something good and right that should be done about a problem instead; that something does need to be done, but do that something according to God's Word (Psalm 119: 4, 9, 15, 16; Proverbs 14:8).
7. Anger is expressed in our affections, thoughts, body language, speech, and actions (Psalm 19:14; Romans 6:12-13).
8. Anger involves a lack of self-control (Proverbs 17:27; 25:8; 29:11; 2 Peter 1:6).
9. Anger is always accompanied by other sins when it is tolerated (Proverbs 29:22).
10. If not dealt with, anger will turn into something worse (Genesis 4:6-8; Job 4:8; Ezekiel 18:30).

**Ephesians 4:22-24 with Anger:**

**V22...** Identify the Old Self, Examination Questions (Psalm 139:23-24).

*Stuart Scott & Faith Biblical Counseling Ministries*

- A. Is there anyone I am presently angry with?
- B. What am I angry with them about?
- C. Am I angry at the kinds of things at which God is angry?
- D. How have I dealt with and responded to that person (or those persons)?  
What do I typically do when I am angry?
- E. Is my anger directed toward edification and unity or destruction and strife?
- F. Do others- especially those closest to me- see me as a critical or impatient person? (Ask them!)
- G. When were the last 5 times I was angry? What kinds of things provoke me to anger?
- H. What was my thinking at the time?
- I. What was I wanting at the time?
- J. Keep track in the next few weeks of when and why I become angry. (When you feel irritated and frustrated, as if you are churning inside or ready to blow up, write down what you are thinking.)
- K. How many of these situations are precipitated by something else I am doing wrong?  
(My irresponsibility, laziness, poor time or money management, wrong treatment of others, etc.)

**V23....** Renew your mind in the Scriptures

- A. Before anger arises in your heart (not meant to be a chronological checklist)
  - i. Spiritual disciplines- Word, prayer, confession in the moment and examined
  - ii. Daily meditate on the gospel- union and communion truths, Gospel Primer is a really good tool

- iii. Find Scripture texts that directly address your answers to questions H-K above. Meditate on these Scriptures throughout the day. Scripture that addresses the sin and Scripture that addresses the righteous opposite.
- iv. Pray for God's grace & help (2 Corinthians 9:8). Pray that you worship God by wanting to put on the Lord Jesus Christ ("humble & gentle of heart", Matthew 11:29) instead of what you want that you are angry about.
- v. Work on a Bible study on God's attributes (character) of patience, long-suffering, grace, forgiveness, kindness, love, etc.
- vi. Work on a Bible study on pride and anger (will help with sin in iii)
- vii. Work on a Bible study on humility (thinking of others above myself), gentleness, forgiveness, and grace (will help with the righteous opposite in iii)
- viii. Write out "new man" biblical thoughts to replace "old man" wrong thoughts (Ephesians 4:22-24; Romans 12:2)
- ix. Memorize appropriate verses (i.e. in Ephesians 4; Philippians 2; Matthew 18; Hebrews 4; Galatians 6; James 1:20)
- x. Write out specific ways you can put on loving and humble thoughts and actions with this person(s) (John 13:35; 1 Corinthians 13:4-7; 1 Peter 5:5)
- xi. Pray for the Holy Spirit's empowering and your desire to worship God by loving Him and loving others. Set your heart to do this in every situation, but especially those common situations you worship self in anger (Matthew 22:34-36)
- xii. Do not associate with angry individuals, unless they seek change (Proverbs 22:24)

B. During the time you are tempted to become angry or are beginning to become angry

- i. Pray for God's help and remind yourself of worshipping God and living for His glory (Hebrews 4:16; 1 Corinthians 10:31; 2 Corinthians 5:9)
- ii. Ask yourself, "what is it I am wanting right now so badly?" "What am I thinking is wrong?"

**V24....** Choose to put on the New Self

- A. Choose to put off being angry and what you are wanting, worshipping myself in what I want (Ephesians 4:22; Proverbs 14:17)
- B. Choose to think on the Scriptures you have been meditating on and memorizing
  - i. Ask yourself, in light of these Scriptures “what should I be thinking?”
  - ii. Ask yourself, in light of these Scriptures “what is the right goal?”
  - iii. Ask yourself, in light of these Scriptures “how can I think more highly of the other person(s), be patient, gentle, gracious, forgiving, etc.?”
  - iv. Ask yourself, in light of these Scriptures “is there something right that I should do about the problem or issue?” (Address someone’s sin in the right way, plan a solution, get counsel, etc.)
- C. After – when you have failed and become sinfully angry.
  - i. Ask yourself, “how did I sin?” be specific. May not only be your anger as there may also be sin in what you were “wanting”.
  - ii. Reflect on the Gospel truths of your forgiveness in Christ (1 John 1:9) and the grace to repent and keep growing in Christ, progressive sanctification
  - iii. Repent of your sin of anger and any other sin as soon as possible (Ephesians 4:26; Matthew 5:24).
    - a. Confess and ask forgiveness of God and anyone else who may have been aware of or the recipient of the sinful anger. Be specific about how you were sinfully angry: wrong thinking, wrong actions, lack of love, thinking highly of myself, etc.)
    - b. Tell God and others what you plan to do in the future instead of becoming sinfully angry (Ephesians 4:24; Psalm 119:59-60)
  - iv. Be on guard once again (Ephesians 4:26-27 “do not give the devil an opportunity”; 1 Peter 5:8, “be watchful”)

## Resources

Robert Jones, Uprooting Anger

Wayne Mack, Anger and Stress Management

David Powlison, Good & Angry

Lou Priolo, The Heart of Anger, Getting a Grip

