

Title: Letting Go: How to Address and Resolve Anger

Scripture Focus: *“Be ye angry, and sin not: let not the sun go down upon your wrath:” – Ephesians 4:26*

Lesson Objective:

To recognize unresolved anger, understand its impact, and apply biblical principles to release it and walk in forgiveness, peace, and restoration where appropriate.

Key Points:

1. The Danger of Lingering Anger

Just like standing too long on hot coals will burn your feet, holding onto anger scorches the soul.

- **Psalm 73:21–22** – *“Thus my heart was grieved, and I was pricked in my reins. So foolish was I, and ignorant: I was as a beast before thee.”*
- Unresolved anger turns into bitterness, affecting your peace, joy, reasoning, and relationships.

Discussion Prompt: What are some signs that unresolved anger might be lingering in someone’s life?

2. Step One: Recognize and Confess Your Anger

- Admit that you have buried anger. Confess it as sin.
- **Psalm 38:18** – *“For I will declare mine iniquity; I will be sorry for my sin.”*
- Invite God to search your heart.
- **Psalm 139:23–24** – *“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.”*

Challenge: Take quiet time this week to ask God to uncover any buried anger in your heart.

3. Step Two: Revisit the Root

Explore the feelings beneath the anger: rejection, betrayal, fear, hurt, control, etc.

Reflection Questions:

- What emotion do I feel underneath my anger?
 - When did this begin?
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4. Step Three: Release Your Rights

Let go of the desire to...

- Hear “I’m sorry,”
- Dwell on the offense
- Keep bringing up the offense
- **Proverbs 17:9** – *“Whoever would foster love covers over an offense, but whoever repeats the matter separates close friends.”*

Prayer Exercise: Make a list of offenses. One by one, offer them up to God in prayer and choose to release them.

5. Step Four: Choose to Forgive, Even if Reconciliation Isn’t Possible

- **Colossians 3:13** – *“Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.”*

- Forgiveness is between you and God. Reconciliation requires both parties and is based on mutual repentance and trust.

Clarification – Forgiveness vs. Reconciliation:

- **Forgiveness** is a **personal choice** to release someone from the debt of their offense. It does not require the other person’s involvement. It is about healing your own heart and walking in obedience to God.
- **Reconciliation** is a **restored relationship** and requires both parties to participate. It involves rebuilding trust, mutual repentance, and a desire for peace and restoration.

Examples:

- You can forgive someone who has passed away or who won’t speak to you again.
- Reconciliation may not be wise in cases of abuse, unrepentance, or continued harm.

Reminder: Forgiveness is a **command**; reconciliation is a **calling** that may or may not be fulfilled.

6. Step Five: Surrender Revenge

- Don’t retaliate or seek revenge. Leave it in God’s hands.
- **Matthew 5:39** – *“Turn the other cheek.”*

Prayer Prompt: “Lord, help me to release my right to get even. Help me trust You to deal with this situation.”

7. Step Six: Reflect and Rebuild (When Appropriate)

- Note: Sometimes reconciliation is not appropriate and is not attainable.
 - Can you share some examples of when reconciliation is not or has not been attainable?
 - Confess Your Anger
 - Refrain from using “You ___” statements
 - Instead express your feelings with “I felt ___”
 - Keep the encounter free of anger
 - Prepare for the conversation
 - Rehearse the conversation
 - Reflect on the words found in Proverbs 15:1 “A soft answer turneth away wrath: but grievous words stir up anger.”
 - State your desire
 - What does success look like for you in the conversation?
 - “I sincerely want us to have the best relationship possible, one that is right in God’s eyes”
 - **Matthew 5:22–24** – *“First go and be reconciled to your brother.”*
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8. Step Seven: Rely on God’s Love Daily

- Know that God’s love is deeper than your pain.
 - **Jeremiah 31:3** – *“I have loved you with an everlasting love.”*
 - **Ephesians 3:17–19** – *“...to grasp how wide and long and high and deep is the love of Christ...”*
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9. Final Thought: Love Like Christ

- **John 13:34–35** – *“... love one another; as I have loved you ... love one another ...”*
- Let your release of anger and choice to forgive reflect the love of Christ within you.

Memory Verse:

Ephesians 4:31–32 – *“Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.”*

Discussion Questions:

1. Why is it so hard to let go of anger sometimes?
 2. What’s the difference between forgiveness and reconciliation?
 3. How can we be more intentional about healing and restoring relationships?
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Action Step This Week:

- **Write a letter (you don’t have to send it)** to someone you are still angry with.
- Express your feelings with “I felt” statements.
- Release the offense to God in prayer.
- Ask Him for healing, whether reconciliation happens or not.