**1. Motivate**

When you were a kid, what would make you really angry?

* bullies

An introductory video is available. View at <https://watch.liberty.edu/media/1_ap7sn1yy> If you have no Wi-Fi where you teach, better to download to your computer from <https://tinyurl.com/y4rmwvpb>

* getting blamed for something you didn’t do
* having to eat broccoli or cauliflower
* having to do the messiest chores
* running laps in gym class
* when other kids in class cheated and got good grades while I did poorly but was honest (should have studied harder)
* forgetting an important assignment
* being beat by a weak team causing us to miss out on a tournament
* being made fun of for something you couldn’t help

**2. Transition**

Anger can get us in trouble if we get out of control.

* It’s better to take your anger to God and leave matters in His hands.

**3. Bible Study**

3.1 Admit Your Anger to God

Listen for military references.

What did the psalmist pray for the Lord to do for him?

* to “contend’ for him, resist, take on his enemies
* fight against those fighting him
* come to his aid
* rescue, save him

How does the imagery employed indicate that he wanted the Lord to defend him as well as take the fight to the enemy? Note the military references.

* defensive weapons are mentioned … shield and buckler
* wanted God to protect him from enemies
* offensive weapons … spear and javelin
* wanted God to clobber those who were attacking, pursuing

What assuring words did the poet want to hear?

* “I am your salvation”
* we might want to hear “I’ve got your back”
* or “I’m watching your six” (more military terms, your six o’clock position)

What’s your gut reaction to these verses? Why?

* seems bloodthirsty
* Paul wrote, “in your anger do not sin” Eph 4:6
* also said that this gives the devil a foothold
* in Bible stories, it’s the sinful people, the bad guys who show, act out anger
* sort of surprising to hear a “man after God’s heart” express these sentiments

What might keep us from being honest with God about our anger?

* we want to take out revenge ourselves
* we don’t want to tell God we are angry – don’t want to confess that failure on our part
* afraid he might not believe how upset or how hurt we are
* God is love, He probably won’t feel the same hurt and need for revenge we feel

What might you tell God when you are facing conflict with people opposing you?

* I don’t understand why they hate/dislike me
* I feel crushed by their attitudes and actions
* I wish you’d do something
* please help me
* protect me
* Jesus, they need you in their life
* Dear Lord, please help me live out the Fruit of the Spirit … I just cannot love them, I have no joy or peace or kindness towards them
* I’m at my wit’s end ,... I don’t know what to do
* please assure me you’re taking care of this

How can you continue on believing God is your salvation from those who would seek to bring shame and dishonor upon you unjustly?

* talk to God about it
* admit your hurt, fear, anger to Him
* meditate on God’s attributes … love, power, authority, wisdom, omniscience, righteousness/justice, etc.
* praise and worship God for these attributes

3.2 Respond with Love and Grace

Listen for a betrayal.

Psalm 35:13-16 (NIV) Yet when they were ill, I put on sackcloth and humbled myself with fasting. When my prayers returned to me unanswered, 14 I went about mourning as though for my friend or brother. I bowed my head in grief as though weeping for my mother. 15 But when I stumbled, they gathered in glee; attackers gathered against me when I was unaware. They slandered me without ceasing. 16 Like the ungodly they maliciously mocked; they gnashed their teeth at me.

In contrast to the way the poet was treated by those who opposed him, how did he say he responded to them during a time of need?

* when they were ill, he prayed and fasted for them
* he mourned for their suffering
* he treated them as a friend or brother, he grieved with them

How does he say his opponents reacted to his acts of kindness?

* they gathered in glee
* met in secret against me
* continuous slander, defamations, slurs, libel
* malicious mocking, ridicule, insult, taunt
* gnashed their teeth at me (an expression of anger … maybe like making faces, sticking out your tongue, or in our culture making obscene gestures)

What are some *emotions* when you are falsely accused or treated maliciously by others?

* sad, wretched, dejected, sorrowful, depressed
* anger, fury, rage, resentment
* want revenge, retaliation, payback
* confused, puzzled, baffled, misunderstood

What are some natural *reactions* when people try to hurt us?

* cry
* think up nasty things to do or say to get back at them – a tack on their chair, deflate their tires, salt in their sugar bowl, grease their doorknob, TP their house, cover their car with Post-it Notes …
* “let’s step outside and settle this”
* run in circles, scream and shout
* start your own gossip and rumor counterattack
* eat chocolate
* fight back

Why can retaliation not accomplish what we might want?

* can get ourselves in legal trouble
* doesn’t show the love of God – we have wronged Him with our sin and He still treats us with mercy and grace
* can just ramp up or escalate the conflict
* it rarely solves the problems, often makes it worse
* we might get back at them, but we won’t feel much better about it in the long run
* God says we should leave the vengeance to Him

How should we pray when we are falsely accused or slandered?

* confess your hurt and anger to God
* ask God for strength and wisdom to do the right thing
* pray for those who are mistreating you … they need Jesus to be at work in their lives
* pray for their salvation and that they get right with God
* pray for strength to endure
* pray that your testimony for God, your reputation as a believer will shine through despite what others are hearing
* in God’s strength, live a life so pure that the things being said will not be believed

3.3 Leaved Matters in God’s Hands

Listen for David’s response to God.

Psalm 35:17-18 (NIV) O Lord, how long will you look on? Rescue my life from their ravages, my precious life from these lions. 18 I will give you thanks in the great assembly; among throngs of people I will praise you.

What emotions or suspicions thoughts might be behind the question the psalmist raised in verse 17?

* God is ignoring me
* maybe God doesn’t know what’s happening
* He isn’t powerful enough to fix the problem
* I’m so upset, even a day seems like forever in this mess
* God’s timing is off … I need help NOW

How did the psalmist restate his plea?

* rescue my life from their ravages, damage, devastations, havoc
* they are like angry lions attacking and harming me … rescue me
* I need help NOW
* SOS, MAYDAY, “Man down!”

What response did the psalmist pledge to give when the Lord answered?

* I will give thanks publicly
* I’ll tell everyone of your rescue
* I will praise you

What makes leaving matters in God’s hands so challenging?

* you feel like you need to be doing *something*
* just trusting God outwardly seems like maybe doing nothing
* we don’t know what God’s timing is
* we want help yesterday and God has a different schedule
* we want to see our detractors really clobbered … God wants them to repent and get right with Him … and potentially be our friends and fellow believers
* we don’t know how God is going to fix it … we’ve got ideas, but they are probably not God’s way of solving it

What are some ways we can help our children and grandchildren respond to difficult situations by trusting God?

* by example
* by relating how God helped us in the past
* share how you learned from your mistakes – so they won’t make the same mistakes
* teach them verses about God’s faithfulness, God’s sufficiency
* pray with them over their difficult situations

Use the last page as a handout so your learners can take home the application points of this week’s lesson.

Application

Vent—to God.

* Before talking to others about what has upset you, talk to God.
* Be honest with God about why you’re angry.
* Ask Him for the strength to refrain from anger and the will to trust Him with the situation.

Seek resolution—not retaliation.

* If possible, find a way to resolve the relationship or situation that has angered you.
* At the very least, pray for the well-being of the other person.
* As you genuinely pray for another person, God will also work on your heart.

Love—no matter what.

* Find specific, concrete ways you can show the love of Christ to those who’ve hurt you or made you angry.
* Don’t take any action to look self-righteous and better than the other person.

MALICIOUSLY
MOCKED
MOTHER
MOURNING
MYSELF
PRAISE
PRAYERS
PRECIOUS
PURSUE
RAVAGES
RESCUE
RETURNED
SACKCLOTH
SALVATION
SHIELD
SLANDEWRED
SPEAR
STUMBLED
TEETH
THANKS
THRONGS
UNANSWERED
UNAWARE
UNGODLY
WEEPING
WITHOUT

AGAINST
AID
ARISE
ASSEMBLY
ATTACKERS
BOWED
BRANDISH
BROTHER
BUCKLER
CEASING
COME
CONTEND
FASTING
FIGHT
FRIEND
GATHERED
GLEE
GNASHED
GREAT
GRIEF
HEAD
HUMBLED
ILL
JAVELIN
LIFE
LIONS

* Show love in order to honor the One who loves you.

Talk about your **anger** … humph! You should redirect it to finding these words. No Happy New Year for you if you don’t realize they go up, down, left, right, and even diagonally. If you wimp out, you can go to <https://tinyurl.com/y4rmwvpb> for help ... and there’s other activities for the whole family.

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