

ANGER AND PERSONAL RIGHTS

restraining anger by surrendering expectations to God



ANGER & PERSONAL RIGHTS

By David Batty

Study Guide
Fifth Edition



Anger and Personal Rights

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Global Teen Challenge
PO Box 511
Columbus, GA, 31902 USA

Email: gtc@globaltc.org

Web: www.globaltc.org and www.iTeenChallenge.org

Name _____

Anger and Personal Rights

Class _____

Project 1

Date Due _____

Identifying My Anger

Part 1

The purpose for this project is to get you to look at what happens when you get angry. This project will help prepare you for our class discussion in our next class period. Think back over the past few days and think of the last 2 times you got angry (upset, irritated, uptight). Please answer the following questions for each example.

Example 1

1. Date _____ Time _____ Place _____

2. Person(s) involved _____

3. What did he or she do that got you angry?

4. How did you express (show) your anger? (What words and actions did you use?)

5. Why did this get you angry?

Example 2

1. Date _____ Time _____ Place _____

2. Person(s) involved _____

3. What did he or she do that got you angry?

4. How did you express (show) your anger? (What words and actions did you use?)

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Project 1, page 2

5. Why did this get you angry?

Part 2

Different people show their anger in different ways. And each individual may express their anger in a variety of ways. Please look over the following list and rate yourself on how frequently you use this way of showing your anger. On the scale of “0” to “10” where “0” means you never use that method to “10” meaning you often use that method. You can have more than one method with the same score.

If there are other ways you show your anger, add them in the blank lines at the bottom and give them a score.

- 1. Angry words.....0 1 2 3 4 5 6 7 8 9 10
- 2. The Angry look0 1 2 3 4 5 6 7 8 9 10
- 3. Let’s fight!.....0 1 2 3 4 5 6 7 8 9 10
- 4. Scream.....0 1 2 3 4 5 6 7 8 9 10
- 5. Revenge.....0 1 2 3 4 5 6 7 8 9 10
- 6. Silence.....0 1 2 3 4 5 6 7 8 9 10
- 7. Hold it in0 1 2 3 4 5 6 7 8 9 10
- 8. Turning anger toward yourself.....0 1 2 3 4 5 6 7 8 9 10
- 9. Humor—sarcasm0 1 2 3 4 5 6 7 8 9 10
- 10. _____.....0 1 2 3 4 5 6 7 8 9 10
- 11. _____.....0 1 2 3 4 5 6 7 8 9 10
- 12. _____.....0 1 2 3 4 5 6 7 8 9 10

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Project 2

Date Due _____

My Personal Rights

1. Read this scripture and take notes on it. James 1:19-21
How different is the advice of this scripture from how you have used your anger in the past? What would be the most difficult part of this verse to put into action in your life?

2. Make a list of all the personal rights you can think of. Here are some general areas in your life where personal rights are involved. (See pages 15-18 in the Student Manual for more information on this as well as examples.)

- | | | |
|------------|----------------|--------------------|
| 1. myself | 5. possessions | 9. health |
| 2. dating | 6. friends | 10. reputation |
| 3. clothes | 7. music | 11. schedule, time |
| 4. money | 8. future | |

Another way to identify personal rights in your life is to look at things that cause you to get angry. Usually a personal right is involved.

Choose at least 5 groups.

Write 3 personal rights for each group. (continue your work on page 2)

Name _____

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Project 3

Date Due _____

My Personal Rights Commitment

This can be used as your own personal commitment to God, giving Him your personal rights. This is your choice. Your teacher will not require you to do this. It is entirely up to you and God.

1. I _____ give my personal rights to God today.
2. I choose to do this as an expression of my love for God and my desire to give Him the full leadership of every area of my life.
3. I choose to place my trust in Jesus, that He will teach me new ways of responding to the challenges I face each day.
4. In the future, I will use my anger as an “alarm clock” to alert me to other personal rights that need to be given to God.
5. I will seek to use my anger in ways that will please God.

Signature

Date

On the back side of this project, write a prayer to God about your decision to give your personal rights to Him. Talk about the fears or challenges you are facing in this decision. Tell Him about the changes you hope to see in your life.

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Project 4

Date Due _____

My First Test Without My Personal Rights

A. Read these scriptures and take notes on them. 1 Corinthians 13:4-8, Psalms 37:7-9

B. When a person gives his personal rights to God, he can be sure that God will test him to see (1) if he is sincere, and (2) if he has given all his personal rights to God. Satan will also come at you with temptations to sin and get angry at others. He will try to prove to you that you can't live without your personal rights.

Think of what has happened to you since you have given your personal rights to God. Write one example where someone has violated one of your former rights.

1. What personal right was involved?

2. How did you react? Did you feel like getting angry? Did you allow yourself to become angry?

Name _____

Anger and Personal Rights

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Project 5

Date Due _____

Anger in the Bible

The purpose of this project is to see what God says about anger. Read each question, look up and read each scripture listed, and then put down your own answer. Don't copy the verses; put your answers in your own words.

1. When a person is angry, what is it very easy to do? Read Ephesians 4:26-27.

2. Read James 1:20. In your opinion, why does a man's anger keep him from being right with God?

3. What does God tell us to do with our anger in Ephesians 4:31 and Colossians 3:8?

4. What sins are listed with anger in Ephesians 4:31 and Colossians 3:8-9?

1. _____	5. _____
2. _____	6. _____
3. _____	7. _____
4. _____	

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Project 5, page 2

5. How does Proverbs 12:16 describe a man who has a quick temper?

6. How does anger affect a person? Read Proverbs 14:29.

7. How can a person help someone else cool their anger? Read Proverbs 15:1.

8. What warning does Proverbs 19:19 give about angry people?

9. How can I make an angry person be quiet? Read Proverbs 21:14.

Name _____

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Project 6

Date Due _____

Jesus and His anger

In Chapter 3 of the Student Manual it discusses how Jesus expressed His anger. Choose two of scriptures below and explore how Jesus used His anger. Before beginning your work on this project, see if your teacher wants to assign which stories to use for this project.

1. Mark 3:1-6 (Jesus heals a man with a withered hand)
2. Mark 10:10-16 (Jesus blesses the little children—He was angry that they were trying to keep the children away from Him.)
3. John 11 (whole chapter, but see vs. 33 and 38) (Jesus was angry at the death of Lazarus)
4. Matthew 21:12-17 or John 2:12-22 (Jesus cleanses the temple)

Example 1: Scripture used _____

1. What made Jesus angry in this situation?

2. How did Jesus show He was angry?

3. What did Jesus do with His anger?

4. How did other people react to His anger? (This is not clearly stated in some Bible stories.)

Anger and Personal Rights

Project 6, page 2

5. What lessons can you learn from Jesus on how to use anger in your life?

Example 2: Scripture used _____

1. What made Jesus angry in this situation?

2. How did Jesus show He was angry?

3. What did Jesus do with His anger?

4. How did other people react to His anger? (This is not clearly stated in some Bible stories.)

5. What lessons can you learn from Jesus on how to use anger in your life?

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Project 7

Date Due _____

Angry people in the Bible

Instructions:

In Chapter 3 of the Student Manual it discusses how different people in the Bible expressed their anger. Choose one story below and explore how this person used his anger. Before beginning your work on this project, see if your teacher wants to assign which stories to use for this project.

1. Cain: Genesis 4:3-15
2. Joseph: Genesis 37:12-36 and Genesis 50:15-21 (In this story it does not tell us that Joseph got angry at his brothers. How did he respond instead of getting angry?)
3. Moses: Numbers 20:1-13
4. David: 1 Samuel 25
5. Jonah: Jonah chapters 3 & 4

Not all of these stories will have the specific answer to all the questions in the Bible verses.

Person and Scripture used _____

1. What caused the person to get angry in this situation?
[With Joseph, what could have caused him to become angry?]

2. What personal right was being violated? By whom?
[With Joseph, what personal right could have been used to trigger his anger?]
(You will have to use your own opinions for this answer.)

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Project 7, page 2

3. What did this person do with his anger?
[With Joseph, how did he respond instead of getting angry?]

4. How did other people react to his anger?
How did God react to his anger?
[With Joseph, how did his brothers react toward him?]
(These are not clearly stated in some Bible stories.)

5. What lessons can you learn from this story on how to use anger in your life?

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Project 8

Date Due _____

Developing new response patterns

In Chapter 4 of your Student Manual, Point 5, (pages 45-46) we discussed the importance of developing new patterns of response where we used anger in the past. One approach you can use is to make a list of the personal rights that have been most important to you, and then set goals on how you will respond the next time someone breaks that old rule of yours. You may want to refer to the list of personal rights on Project 2.

Select 4 personal rights, and write at least one goal for each on how you can respond in a new way where in the past you would have used your anger.

1. My old personal right.

My goal on my new way of responding

2. My old personal right.

My goal on my new way of responding

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Project 8, page 2

3. My old personal right.

My goal on my new way of responding

4. My old personal right.

My goal on my new way of responding

Name _____

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Project 9

Date Due _____

Developing Positive Inward Qualities

1. Think of a personal right of yours that someone violated today or in the last couple days. Then answer these three questions.

A. What did he/she do to you?

B. What personal right of yours did he/she violate?

C. How did you respond?

2. Look at the list of positive inward qualities in Colossians 3:12-15. List one positive inward quality you could have responded with when your personal right was violated. Choose the one that would have been the most helpful.

You can also choose one of the character qualities from the list in your *Character Qualities Class* manual in the *Personal Studies for New Christians*.

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Project 9, page 2

3. Explain how you could have shown (expressed, used) that positive inward quality in responding to him/her. Be specific!

4. List three things you can do to develop this positive inward quality in your life. Be specific!

1. _____

2. _____

3. _____

Name _____

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Project 10

Date Due _____

My Personal Responsibilities

1. Read this scripture and take notes on it. Ephesians 4:26-32

2. Make a list of your responsibilities. Do not confuse this with your personal rights. You may want to list your responsibilities under different groups. Here are some groups which you can use in listing your personal responsibilities.

Select at least 4 groups and write at least 2 responsibilities for each group. See pages 49-50 in the Student Manual for more information on this.

My responsibilities to:

- | | |
|---------------|---------------|
| 1. God | 4. my friends |
| 2. my family | 5. my work |
| 3. my leaders | 6. my country |

Continue your list on page 2.

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Project 10, page 2

3. Select at least three responsibilities and write a goal for each one on how you can demonstrate you are putting this responsibility into action in your life.

1. My responsibility: _____

My goal _____

2. My responsibility: _____

My goal _____

3. My responsibility: _____

My goal _____

Class Assignment List

Course Title Anger and Personal Rights

Quizzes	Verses to Memorize	Date
1	_____	_____
2	_____	_____
3	_____	_____

Projects	Date Due
1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____
10	_____

Test Date _____