

**TITLE AND NUMBER:** 40. Letting go of anger



**REFERENCE AND KEY VERSE(S):** Ephesians 4:29-32

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

**LOOKING FURTHER:** Psalm 32, Matthew 6: 9-15, Matthew 18:21-22

### What does this Bible passage tell us?

In this passage, Paul gives us very practical advice. We are to watch what we say, speak words which encourage and build people up with words which help those who hear them.

He tells us to get rid of bitterness, anger, fighting and slander. These things destroy us from the inside and destroy our relationships with those around us.

Through Jesus' death and resurrection, we have been set right with God. Our sins have been forgiven and we have been given the gift of the Holy Spirit. The Holy Spirit works within us bringing kindness, compassion and the ability to forgive others.

One of my heroines is Corrie ten Boom, a Christian woman imprisoned in a concentration camp because her family hid Jews during the Second World War. After the war, she set up a home in Holland for victims of brutality and spoke in sixty countries about forgiveness and reconciliation. In her experience, those who were able to forgive their former enemies were able to rebuild their lives, but those who held on to their bitterness remained stuck. Not forgiving others hurts us more than it hurts them.

She said, "Forgiveness is the key that unlocks the door of resentment and the handcuffs of hatred. It is a power that breaks the chains of bitterness and the shackles of selfishness."

### Reflections:

- Who on your wing encourages you to be a better person? Give thanks for them.
- How can you help someone with what you say this week?
- Ask the Holy Spirit to help you to show kindness, compassion and forgiveness.
- Are there any areas of your life where you feel stuck or where you are finding it very difficult to get rid of bitterness and anger? Ask for God's help through prayer and talk to your chaplaincy team.

Write or draw something you read in this Bible Study that stood out to you.



# LETTING GO OF ANGER

Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for? It's okay to talk to God about this.

