

# Walk With Scripture - Scripture Lesson

**Title:** *Overcoming Anger Through God's Peace*

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**Focus Scripture:**

- **ESV:** *"Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil."* (Psalm 37:8)
  - **NIV:** *"Refrain from anger and turn from wrath; do not fret—it leads only to evil."* (Psalm 37:8)
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**Lesson Outline**

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**Opening Prayer (5 minutes):**

"Heavenly Father, we come before You today with open hearts, seeking Your peace in the midst of our struggles with anger. We ask for Your guidance and for the Holy Spirit to lead us as we learn to overcome our anger and respond with grace. Help us to be more like Jesus in our thoughts, words, and actions. In Jesus' name, we pray, Amen."

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**Introduction to the Topic (5-10 minutes):**

**Theme:**

Today's lesson focuses on overcoming anger and finding peace through God. Anger is a natural emotion that all of us experience, but it can easily lead to sin if not managed properly. The Bible teaches us how to handle our anger in a way that honors God and maintains peace. We will look at scriptures that provide guidance on controlling anger, seeking reconciliation, and depending on God's strength to respond with patience and understanding.

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**Bible Verses for Discussion (20 minutes):**

**1. James 1:19-20**

- **ESV:** "Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God."
- **NIV:** "My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."

**2. Ephesians 4:26-27**

- **ESV:** "Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil."
- **NIV:** "In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold."

**3. Proverbs 15:1**

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- **ESV:** "A soft answer turns away wrath, but a harsh word stirs up anger."
- **NIV:** "A gentle answer turns away wrath, but a harsh word stirs up anger."

## 4. Colossians 3:8

- **ESV:** "But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth."
- **NIV:** "But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips."

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### Discussion Questions (15-20 minutes):

1. According to these verses, what steps should we take to control our anger and prevent it from leading to sin?
2. How can being "quick to listen, slow to speak, and slow to anger" help us in our relationships with others?
3. Share a time when you felt anger rising within you. How did you respond? What could you have done differently based on today's verses?

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### Life Application (10 minutes):

- **Practice Self-Control:** Make a conscious effort to pause and pray before responding in anger. Reflect on how Jesus responded to provocation and ask for the Holy Spirit's help to respond with patience and grace.
- **Reconcile Quickly:** If you find yourself in conflict with someone, seek to resolve it as soon as possible. Remember Ephesians 4:26-27, which advises not letting the sun go down on your anger.
- **Speak Gently:** Practice using gentle words, especially in situations that could escalate into anger. Memorize Proverbs 15:1 and apply it in your daily conversations.

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### Reflection and Encouragement (5-10 minutes):

Reflect on what God is teaching you about anger and peace through these scriptures. Consider any areas in your life where anger has taken control and ask God to help you release those feelings and replace them with His peace. Encourage each other to pursue forgiveness and gentleness in all interactions, knowing that God is at work in you to will and to act according to His good purpose.

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### Closing Verse:

- **ESV:** "Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice." (Ephesians 4:31)
- **NIV:** "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice." (Ephesians 4:31)

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## Closing Prayer (5 minutes):

"Lord, we thank You for reminding us through Your Word how to manage our anger and seek peace. Help us to be men who control our anger, seek peace, and show love even in challenging situations. Teach us to be slow to anger and quick to forgive, just as You have forgiven us. Give us the strength to respond to others with grace and mercy, reflecting Your love. In Jesus' name, Amen."

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## Takeaway Challenge:

This week, commit to pausing and praying whenever you feel anger rising within you. Share your progress with a trusted friend and encourage one another to pursue peace in all circumstances.

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## Online Bible Resources:

- Logos ([www.Logos.com](http://www.Logos.com))
- Bible by Olive Tree ([www.OliveTree.com](http://www.OliveTree.com))
- BibleGateway ([www.BibleGateway.com](http://www.BibleGateway.com))