

# How to Handle Anger

LIFE FAITH FUSION  
DEVOTIONAL  
DAY THREE

## SCRIPTURE STUDY

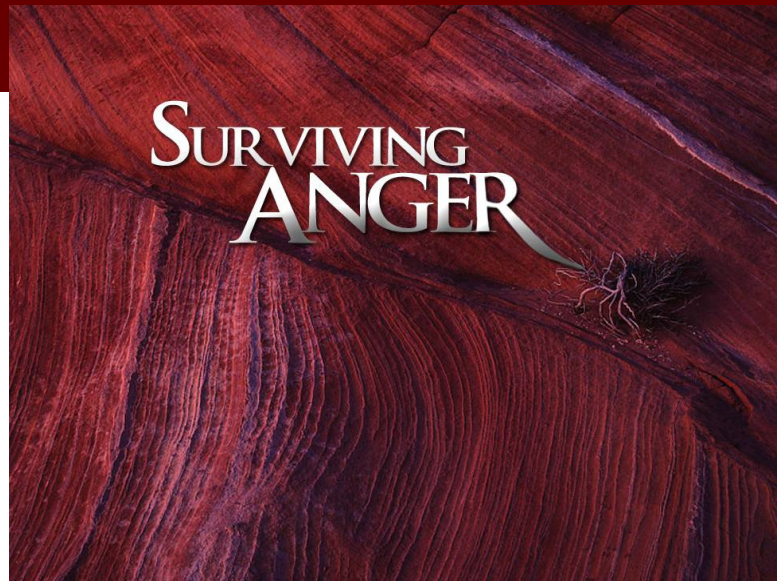
Romans 2:1-11  
Jonah 4:1-10  
Numbers 4: 18-19  
1 John 1:9  
Joel 2:13-14  
Jeremiah 3:12  
2 Chronicles 6

## DIGGING DEEPER

The temple in Jerusalem was a long-awaited dream of God's people. After worshipping at the temporary tabernacle in the wilderness, the Israelites longed for a resting place for Jehovah, and a tribute to His glory and greatness. The dedicatory prayer Solomon prayed on behalf of the nation of Israel is both timely and profound.

## PRAYER FOCUS

Dear Jesus,  
Help us to truly confess our sins and seek after you. Amen



## ANGER HEALED BY A REPENTANT HEART

God's ways are not hidden from us. His anger is assuaged by humility and repentance. Solomon, in his dedicatory prayer of the Temple in Jerusalem, gave us a model for diffusing God's wrath and inviting His forgiveness and favor. Man's bent toward evil was manifested first in the Garden of Eden. Over and over again in scripture we observe a pattern of human rebellion, God's judgment, man's repentance and God's subsequent restoration. If we carefully study God's plan for healing and restoration, we can also learn how to pacify the anger of others and heal our broken relationships. Alienation can be replaced by intimacy.

"When your people Israel have been defeated by an enemy because they have sinned against you and when they turn back and confess your name, praying and making supplication before you in this temple, then hear from heaven and forgive the sin of your people Israel and bring them back to the land you gave to them and their fathers." 2 Chronicles 6:24-25 NIV

King Solomon's lengthy supplication recorded in 2 Chronicles chapter six reveals the king's clear understanding of the nature of man and the ways of the Divine. In verse 24 Solomon assumes that the Israelites will stray from God's plan. In doing so God's ire is aroused and He sends neighboring nations to conquer and enslave His people. Other consequences the Israelites could incur for their transgressions included drought, famine and plague (vs. 26-29).

Paul the apostle also reiterates this pattern of man's sin, God's wrath and subsequent judgment, and man's repentance and restoration (Romans 2:1-11). Paul also teaches two precepts that further elucidate God's plan. We discover that God's judgment is based on truth (vs. 2), that His kindness leads us to repentance (vs.4) and that man's repentance and faith assures him Divine pardon and eternal life through Jesus Christ (vs. 7).

- Have you ever had a time in your life when God needed to get your attention? What were the circumstances? How did He draw you back to Himself?
- Spend some time with Jesus confessing your sins to Him. Write them on a piece of paper, then burn them or throw them in the trash, symbolizing you never have to worry about them again. Spend some time thanking God for His gift of forgiveness.
- Think about some of the most meaningful intercessory prayers (prayers for others) that you have heard. Who prayed them? What impacted you about their prayers? List some ways people have blessed you by praying over you.

### THE NATURE OF REPENTANCE

The first prerequisite for avoiding God's wrath is repentance—to turn back from wicked ways and adopt a change of heart and mind. Verses 24 and 37 call upon God's people to stop walking away from their Heavenly Father and to run to His side. Solomon further commands rebellious followers to agree with God about their sins and to verbally and specifically confess their transgressions to Him. Humble prayer, seeking God's face, should follow a sincere confession:

“...and if they have a change of heart in the land where they are held captive, and repent and plead with you in the land of their captivity and say, 'We have sinned, we have done wrong and acted wickedly'; and if they turn back to you with all their heart and soul in the land of their captivity where they were taken, and pray toward the land you gave their fathers, toward the city you have chosen and toward the temple I have built for your Name; then from heaven, your dwelling place, hear their prayer and their pleas, and uphold their cause. And forgive your people, who have sinned against you.” 2 Chronicles 6:37-39 NIV

In Numbers 14:18-19 Moses affirms this truth by explaining that God will be faithful to act according to His nature. He will always be both kind and patient, and holy and just. Man's sin could incur wrath on future generations, but instead God demonstrates His love, long-suffering and forgiveness to His wayward creatures. To “hate or despise ” means to “turn the face away” and to “seek God” means to turn our faces toward Him. Solomon says that our sins are no surprise to Jehovah because He knows our hearts. Joel, the Old Testament prophet, draws a beautiful poetic picture of wayward man returning to God:

“ Rend your heart and not your garments. Return to the LORD your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity. Who knows? He may turn and have pity and leave behind a blessing —grain offerings and drink offerings for the LORD your God. Joel 2:13-14 NIV

- “Seek the Lord” is an oft-used phrase in scripture. What would that look like in your life? Think of some ways you can “seek the Lord.” List them here.

- Do you have any broken relationships in your life right now? Perhaps a family member or friend? How would you “turn towards them,” confessing any wrongdoing on your part and humbly asking for forgiveness? Have you done this in the past? What was the outcome? (*Remember, we live in a fallen world. Some relationships are so dysfunctional that they can't be restored. But if we do our part to make things right, God will honor our obedience.*)

Jeremiah promises in Lamentations 3:22 that the Lord’s faithful love never ceases. He promises that His mercies are new every single morning. He faithfully hears our prayers and restores our souls. Joel 2:25 says that God will restore the years that the locusts have eaten—a poetic picture of the times in our lives that were wasted in sinful pursuits. Finally, King Solomon assures his people in verses 25, 27, and 39 that God has a model for restoration and renewal. Jehovah hears our prayers, forgives us, teaches us a new way of life, and blesses us!

“ The unfailing love of the LORD never ends! By his mercies we have been kept from complete destruction. Great is his faithfulness; his mercies begin afresh each day. I say to myself, "The LORD is my inheritance; therefore, I will hope in him!" The LORD is wonderfully good to those who wait for him and seek him.” Lamentations 3:22-25 NLT

- Write a formal prayer of dedication like the prayer of Solomon. Pray for your own life, the lives of your family members, and your church family. Use some of the principles Solomon used in calling upon both God’s love and forgiveness to restore and refresh those you love.
- Read the entire prayer of King Solomon in 2 Chronicles 6. Circle the verbs “hear,” “forgive,” and “remember.” What did Solomon want God to hear, forgive, and remember?
- Make a line graph of your Christian journey on the back of this sheet. List some of the high points and low points. What were some of the marker events you can recall? Place them on your “timeline.” When you had a mountaintop experience, write the blessings that you enjoyed as you stood on those lofty peaks. When you had a valley, list the ways you felt God’s comfort as you walked through them.

#### APPLYING THE SCRIPTURES

*For further study, read the following passages:*

Romans 2:1-11, Jonah 4:1-10, Number 4: 18-19, 1 John 1:9, Joel 2:13-14, Jeremiah 3:12,  
2 Chronicles 6