



# LIVING LIBERATED

**Are we bound forever to vices,  
bad habits, addictions, and  
other sins that shackle and put  
us in bondage?**

**Today we can learn HOW to free  
ourselves from that bondage by  
the power of Jesus Christ!**

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**Steve Flatt**

# Living Liberated

## Chapter 1

### FREEDOM FROM ANGER

Did you know that the average man loses his temper six times a week? The average woman only loses her temper three times a week. Women tend to get angrier at people. Men tend to get angrier at things such as flat tires and non-working vending machines. Single people express anger twice as often as married folks, and yet the home is the place where we're most likely to express our anger. Anger is most frequently and intensely expressed toward people that we love, rather than strangers.

We all get angry it is a normal response. God made us with that capacity. Jesus got angry, didn't he? Remember the cleansing of the temple? Three hundred and seventy-five times in the Old Testament, we read that God was angry. Ephesians 4:26 states, "Be angry, and do not sin." In other words, there's a right way and there's a wrong way to get angry. So, some anger isn't wrong. The issue isn't how do you get rid of all your anger; you're not going to do that. You were made with the capacity to anger at times. The issue is, how can you control your anger so that your anger doesn't control you, so that it doesn't cause you to sin and hurt yourself and other people.

### Anger Expressed

#### 1. The Monster.

This is the person who just explodes. He or she is a walking time bomb. They have a hair trigger, and when they get angry, everything breaks loose, yelling, stomping, ranting, raving, throwing and cursing. Does that sound like someone you know?

A Biblical example of the monster-type of anger is Cain, Abel's brother. Genesis 4:5, "So Cain was very angry, and his face was downcast." Now listen to verse 8, "Now Cain said to his brother Abel, 'Let's go out to the field.' And while they were in the field, Cain attacked his brother Abel and killed him." You see that's the monster, it's somebody who loses control. Most of the time, those who express monster anger, are immediately sorry and beg for forgiveness, but the damage is done. Does it surprise you that men more than women express their anger in this way?

#### 2. The Mute.

The mute is the exact opposite of the monster. The mute is the silent type. They clam up and they hold it in. Sometimes they even pretend that they're not angry. Have you ever been with a mute, and said "You're angry, aren't you?" They reply, "No, I'm not." "Yes, you are." "No, I'm not." "Yes, you are." "No, I'm not!" They're concealing their feeling, letting it simmer. I call it the crock pot version of anger. It smolders all day.

- a. \_\_\_\_ Take matters in you on hand, self-control.
  - b. \_\_\_\_ Resist comparison of self with others. (Gal. 6:4)
  - c. \_\_\_\_ Focus on what God has provided and rejoice. (James 1:17; Eccl. 5:19)
  - d. \_\_\_\_ Remember what's really important. (2 Cor. 4:18)
  - e. \_\_\_\_ All the above
  - f. \_\_\_\_ a, c and d
  - g. \_\_\_\_ b, c and d
  - h. \_\_\_\_ a, b and d
5. Which of the following are biblical principles?
- a. \_\_\_\_ Earn money slowly. (Prov. 13:11; 6:6-9)
  - b. \_\_\_\_ Save regularly. (Prov. 21:21)
  - c. \_\_\_\_ Give generously. (Matt. 6:19-21; Luke 6:38)
  - d. \_\_\_\_ Budget responsibility. (Luke 14:25-33)
  - e. \_\_\_\_ Desire to be debt free. (Prov. 22:7)
  - f. \_\_\_\_ All the above
  - g. \_\_\_\_ None of the above
  - h. \_\_\_\_ b, c and d

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Several Greek words may be translated into one word in English and may distort the original meaning. For instance, the Greek words *de* and *kai* were translated as "and" in English. In Greek *De* is used to separate two nouns whereas *kai* connected two nouns.

Let God speak to you from His Holy Word as recorded in the Bible.



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Randolph Dunn, Publisher - Roberto Santiago Editor

Contact us at [info.BiblewayPublishing@gmail.com](mailto:info.BiblewayPublishing@gmail.com)

[IBKI Website: thebiblewayonline.com](http://thebiblewayonline.com)



Randolph Dunn, President  
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