



# Biblical Counseling

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General Application

The background of the slide features a collage of faded, overlapping postmarks and stamps in various colors (red, yellow, black) and fonts, including some in Chinese characters. The overall aesthetic is that of an old, weathered document or envelope.

# Anger

Someone comes to you because they are struggling with anger. Where are you going to start?

## The Gospel



# Anger

Learn about the person and the struggle:

Who is the anger generally toward?

Are there particular circumstances when this anger is most likely provoked?

Is this a recent sin problem or a long-term problem?

# Anger

What does the Bible say about anger?

Proverbs 14:29

<sup>29</sup> He who is slow to anger has great understanding, But he who is quick-tempered exalts folly.

Proverbs 15:18

<sup>18</sup> A hot-tempered man stirs up strife, But the slow to anger calms a dispute.

# Anger

What does the Bible say about anger?

Proverbs 19:11

<sup>11</sup> A man's discretion makes him slow to anger, And it is his glory to overlook a transgression.

Proverbs 22:24

<sup>24</sup> Do not associate with a man given to anger; Or go with a hot-tempered man,

# Anger

What does the Bible say about anger?

Proverbs 29:22

<sup>22</sup> An angry man stirs up strife, And a hot-tempered man abounds in transgression.

Ephesians 4:31

<sup>31</sup> Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

# Anger

What does the Bible say about anger?

Colossians 3:8

<sup>8</sup> But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth.

Ecclesiastes 7:9

<sup>9</sup> Do not be eager in your heart to be angry, For anger resides in the bosom of fools.

# Anger

What does repentance look like?

Own the sin

Recognize the offense against God

Confess sin

Recognize related sins

Seek forgiveness from others



# Anger

How do I “put off” this sin?

Identify dangerous patterns

Be quick to recognize it and confess it.

Step back from volatile situations to prayerfully consider a biblical response



# Anger

How do I “put on” righteousness?

Biblical Disciplines

Emphasize Scripture Memory and Meditation

Faithfully determine to respond biblically in each area you listed when repenting.

The background of the slide features a collage of faded, overlapping postmarks and stamps in various colors (red, yellow, grey). Some legible text includes "PAR AVION", "航空郵便", "POSTAGE", "SINGAPORE", "MALAYA", "PENANG", "SINGAPORE", "MALAYA", "PENANG", "SINGAPORE", "MALAYA", "PENANG".

# Lying

Someone comes to you because they have a child that is getting in the habit of lying?

The Gospel



# Lying

Learn about the person and the struggle:

When do they generally lie?

Is the lying associated with other sinful behavior

Is this a recent sin problem or a long-term problem?

# Lying

What does the Bible say about lying?

Genesis 3:1–4

<sup>1</sup> Now the serpent was more crafty than any beast of the field which the LORD God had made. And he said to the woman, “Indeed, has God said, ‘You shall not eat from any tree of the garden’?”

<sup>2</sup> The woman said to the serpent, “From the fruit of the trees of the garden we may eat;

<sup>3</sup> but from the fruit of the tree which is in the middle of the garden, God has said, ‘You shall not eat from it or touch it, or you will die.’ ”

<sup>4</sup> The serpent said to the woman, “You surely will not die!

# Lying

What does the Bible say about lying?

Psalm 101:7

<sup>7</sup> He who practices deceit shall not dwell within my house; He who speaks falsehood shall not maintain his position before me.

Proverbs 12:22

22 Lying lips are an abomination to the Lord, But those who deal faithfully are His delight.

# Lying

What does the Bible say about lying?

Proverbs 6:16–19

<sup>16</sup> There are six things which the LORD hates, Yes, seven which are an abomination to Him:

<sup>17</sup> Haughty eyes, a lying tongue, And hands that shed innocent blood,

<sup>18</sup> A heart that devises wicked plans, Feet that run rapidly to evil,

<sup>19</sup> A false witness who utters lies, And one who spreads strife among brothers.

# Lying

What does the Bible say about lying?

Proverbs 13:5

<sup>5</sup> A righteous man hates falsehood, But a wicked man acts disgustingly and shamefully.

Proverbs 12:19

<sup>19</sup> Truthful lips will be established forever, But a lying tongue is only for a moment.



# Lying

What does the Bible say about lying?

John 8:44

<sup>44</sup> “You are of your father the devil, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth because there is no truth in him. Whenever he speaks a lie, he speaks from his own nature, for he is a liar and the father of lies.

# Lying

What does repentance look like?

Own the sin

Recognize the offense against God

Confess the sin

Recognize related sins

Seek forgiveness from others

# Lying

How do I “put off” this sin?

Deal with related sin.

Be quick to recognize it and confess it.

Get in the habit of telling the whole truth

The background of the slide features a collage of various stamps and a globe. On the left, there are red and black stamps, including one with the Chinese characters '航空郵便' (Aerial Mail) and another with 'POSTAGE'. In the center, there is a yellow globe. To the right, there are several red circular stamps, some containing the letters 'AVN' and 'SYA'. The overall background is a light gray with a subtle grid pattern.

# Lying

How do I “put on” righteousness?

Biblical Disciplines

Emphasize Scripture Memory and Meditation

Faithfully determine to respond biblically in each area you listed when repenting.

The background features a collage of various stamps and a logo. On the left, there are red stamps with Chinese characters '航空郵便' (Aerial Mail) and 'PAR AVION'. In the center, there is a yellow circular logo with a figure. On the right, there are red circular stamps, one of which contains the letters 'AVN'.

# Resource

Helping someone to establish biblical disciplines:

Partners One on One

Helping someone grow in biblical knowledge:

Fundamentals of the Faith

# Biblical Counseling

2 Peter 1:2–4

<sup>2</sup> Grace and peace be multiplied to you in the **knowledge** of God and of Jesus our Lord;

<sup>3</sup> seeing that His divine power has granted to us everything pertaining to life and godliness, through the **true knowledge** of Him who called us by His own glory and excellence.

<sup>4</sup> For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust.

# Biblical Counseling

2 Timothy 3:16–17

<sup>16</sup> All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness;  
<sup>17</sup> so that the man of God may be adequate, equipped for every good work.

# Biblical Counseling

2 Timothy 4:2

<sup>2</sup> preach the word; be ready in season and out of season; reprove, rebuke, exhort, with **great patience and instruction**.