

NTF SUNDAY SCHOOL MANUAL

Emotions and our Faith Walk with God: Anger

Date: 26/09/2026

Coordinator: Bro. Williams West

Memory Verse

James 4:7 (KJV)

“Submit yourselves therefore to God. Resist the devil, and he will flee from you.”

Introduction

Emotions are part of human nature. God created us with the ability to feel joy, sadness, excitement, and even anger. However, as believers, our emotions must be controlled by the Spirit of God and not by the desires of the flesh.

Anger itself is not necessarily sin, but what we do when anger comes determines whether we are walking in the Spirit or yielding to the flesh.

The question every believer must ask is:

"In the midst of provocation, is the Holy Spirit still in control of my actions?"

Our faith walk with God requires that we allow His Word, not our feelings or experiences, to determine our responses.

Texts:

- 2 Corinthians 6:1-10
- Galatians 5:16-23
- Ephesians 4:25-32
- James 4:7
- 1 Peter 5:8-9

Lesson Outline

1. Understanding Anger and the Believer's Response

Anger is an emotion, and experiencing anger does not automatically mean a person has sinned. However, anger becomes dangerous when it produces malice, bitterness, revenge, hatred, uncontrolled reactions, and words or actions that destroy relationships.

The important question is:

"Is my anger directed at sin, or is it directed at people?"

This identifies whether we are responding from the flesh or from the Spirit.

The flesh responds based on what is naturally seen and felt, but the believer is called to look beyond physical circumstances and respond according to God's Word.

2. Anger and the Works of the Flesh

Galatians 5:19-21 describes the works of the flesh, including wrath, envy, strife, hatred, and other sinful behaviours.

The enemy tries to convince believers that anger is simply part of life and something they must continue carrying.

However, the death and resurrection of Jesus Christ dealt with the power of sin and the works of the flesh.

A believer must not make excuses for anger. Growth in Christ means we confront the works of the flesh through faith and the power of the Holy Spirit.

3. Walking in the Spirit: The Solution to Anger

The solution to anger is not merely human discipline; it is walking in the Spirit.

Walking in the Spirit means believing what God has said concerning our new life in Christ, allowing God's Word to control our thoughts and reactions, and choosing the Spirit's response above natural emotions.

Jesus said:

"My sheep hear my voice..." (John 10:27)

Faith means believing God's Word above our feelings and experiences.

4. The Example of Stephen

Stephen faced intense persecution when people were stoning him. Instead of focusing on the people attacking him, Stephen looked beyond the situation and saw through the eyes of God.

His response reflected the power of the Spirit working within him. He did not respond with hatred or revenge but demonstrated the character of Christ.

5. Guarding Against the Enemy's Influence

Ephesians 4:31 says:

"Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you..."

When we surrender to uncontrolled anger, we create room for the enemy.

James 4:7 says:

"Resist the devil, and he will flee from you."

Resistance comes through faith in the finished work of Christ.

6. Living According to God's Kingdom

The Christian life is not about our personal feelings or natural understanding; it is about God's will.

We are called to reflect God's character, demonstrate love and kindness, and allow the Holy Spirit to produce His fruit in us.

Ephesians 4:32 says:

"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

Practical Application

1. Examine your anger.

Ask yourself if your anger is because God's will is being opposed or because your personal desires were challenged.

2. Respond with the Spirit.

Before reacting, allow God's Word to guide your response.

3. Reject excuses for the flesh.

Do not accept anger as a permanent part of your identity.

4. Build your faith in God's Word.

Our hope and confidence must be based on God's promises, not our past experiences.

Conclusion

Anger is one of the areas where believers must demonstrate the difference between the flesh and the Spirit.

Through faith in Christ and by walking in the Spirit, believers can overcome anger and manifest the character of God.

Jesus did not only forgive our sins; He also destroyed the works of the flesh.

We do not live by the world's emotional patterns; we live by the power of the Spirit of God.

Prayer Point

Lord, help me to walk in the Spirit daily. Let my emotions be controlled by Your Word and not by the desires of the flesh. Help me reflect the character of Christ in every situation. In Jesus name, Amen.