

,REDIRECTING ANGER—LESSON 4
SUNDAY SCHOOL UNIT—WHEN EMOTIONS RISE
DECEMBER 27, 2020

This lesson is difficult for me because the emotion ANGER can be so strong, so uncontrollable—and it is so different for each of us. In our lesson Lynn Pryor takes Psalm 35 and shows us how David redirects his anger towards King Saul by taking this emotion to God and leaving it in His hands.

PSALM 35:1-12

David asks God to display His defensive weapons—shield and buckler (small shield)—and also to use His offensive spear and javelin against his enemies. David admits God is his salvation. How much more do we know this with Jesus and the cross!

If you go on to read verses 4-10 he pictures the angel of the Lord pursuing King Saul, who sought David's life. Remember that, although anointed king by Samuel (1 Samuel 16), Saul remained in power and was jealous of David.

"Reckless witnesses come forward; they question me on
things I know nothing about.
They repay me evil for good and leave my soul forlorn." Psalm 35:11-12

PSALM 35:13-16

So how does David (made an outlaw in Israel) respond to Saul? 1) He put on sackcloth and fasted. "Saq" was a coarse material—goat or camel hair—worn as a loin cloth or loose-fitting piece draped over shoulders as a sign for mourning, anguish, repentance. The chafing of the cloth was a reminder of how our behavior chafed God. Fasting was an act of devotion and repentance. 2) David prayed as if in mourning, despite mocking by his enemies.

Do you remember how David's actions showed his respect for King Saul? He snuck up on him unaware, but did not kill him (1 Samuel 24:1-13 and 26:2-12). This reminds me of Romans 12:19, 21.

"Do not take revenge, my friends, but leave room for God's wrath...
Do not be overcome by evil, but overcome evil with good."

Jesus made our task definite. In the Sermon on the Mount, Matthew 5:38-48:

"Do not resist an evil person. If someone strikes you on the right cheek,
turn to him the other also...
But I tell you: love your enemies and pray for those who persecute you,

that you may be sons of your Father in heaven.”

PSALM 35:17-18

David is asking for patience here: “O Lord, how long will you look on?” How often do we lose patience with God? His timing is not ours. We honor God when we choose to trust Him rather than be outraged or retaliatory. The Lord is often at work in our lives in ways we do not see. TRUST GOD’S ACTIONS!

David vows to pledge his thanks. When God acts, our tongues “will speak of Your righteousness and of Your praises all day long” (Psalm 35:28).

LIVE IT OUT

- 1) What gets you the angriest? Take this anger to the Lord in prayer, asking Him to help you deal with it in a godly way. Leave matters in God’s hands.

- 2) Think of someone who has mistreated you. How might you show love and grace to that person to bring about reconciliation?

“If your enemy is hungry, feed him;
if he is thirsty, give him something to drink.
In doing this, you will heap burning coals on his head.” Romans 12:20

Linda Breaks