

“Fools vent their anger, but the wise quietly hold it back.”

Proverbs 29:11

THE MANY FACES OF ANGER

1. _____ anger = our fallen condition

→ This type of anger needs to be _____

“When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division...” Gal. 5:19-20

“Human anger does not produce the righteousness God desires.”
Jas. 1:20

2. _____ anger = our uncontrolled reflex

→ This type of anger needs to be _____

“A gentle answer deflects anger, but harsh words make tempers flare.” Prov. 15:1

“People with understanding control their anger; a hot temper shows great foolishness.” Prov. 14:29

3. _____ anger = our pent-up resentment

→ This type of anger needs to be _____

“‘And don’t sin by letting anger control you.’ Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.” Eph. 4:26-27

4. _____ anger = our directed fury

→ This type of anger needs to be _____

“Don’t sin by letting anger control you.” Psa. 4:4

“Stirring up anger causes quarrels.” Prov. 30:33

5. _____ anger = our righteous indignation

→ This type of anger needs to be _____

“Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.” Eph. 4:31-32

“So put to death the sinful, earthly things lurking within you... Now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language.” Col. 3:5-8

INAPPROPRIATE ANGER MANAGEMENT

“It is not the impulse of anger but the way we handle it that turns it into sin.” Dr. Maxie Dunnam

1. The trash _____ = stuff it in
2. The _____ = let it loose
3. The stealth _____ = deadly release

APPROPRIATE ANGER MANAGEMENT

1. _____ before you react

“Control your temper, for anger labels you a fool.” Eccl. 7:9

“You must all be quick to listen, slow to speak, and slow to get angry.” Jas. 1:19

2. _____ on the Holy Spirit’s help

“Let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves.” Gal. 5:16

“The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control...Let us follow the Spirit’s leading in every part of our lives.” Gal. 5:22-23, 25

3. _____ to retaliate

“A gentle answer deflects anger, but harsh words make tempers flare.” Prov. 15:1

“Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, ‘I will take revenge; I will pay them back,’ says the Lord.” Rom. 12:19