



The problem isn't _____. The problem is _____.

UNDERSTANDING ANGER

1. Types Of Anger

- _____ Anger

An angry man stirs up strife, And a hot-tempered man abounds in transgression. - Proverbs 29:22

An angry person starts fights; a hot-tempered person commits all kinds of sin. Proverbs 29:22 (NLT)

A quick-tempered man acts foolishly . . . - Proverbs 14:17

- _____ Anger

God is a righteous judge, and a God who has indignation every day - Psalm 7:11

BE ANGRY, AND yet DO NOT SIN - Ephesians 4:26

2. A Picture Of Anger

* _____ times in the Bible *anger* is linked with _____.

*Anger is like _____.

3. The Key To Handling Anger

The key to whether anger will be constructive or destructive has to do with _____.

Example of Uncontrolled Destructive Anger - Genesis 4:1-8

***Your anger will either _____ you or you will _____ your anger.**

But if you are led by the Spirit, you are not under the Law. ²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. - Galatians 5:18, 22–23

CONTROLLING ANGER

1. _____ It _____

BE ANGRY, AND *yet* DO NOT SIN . . . - Ephesians 4:26

Let no unwholesome word proceed from your mouth, but only such a *word* as is good for edification according to the need *of the moment*, so that it will give grace to those who hear. = Ephesians 4:29

2. _____ It _____

. . . do not let the sun go down on your anger - Ephesians 4:26

_____ it or _____ it!

A man's discretion makes him slow to anger, And it is his glory to overlook a transgression. - Proverbs 19:11

3. _____ It _____

and do not give the devil an opportunity - Ephesians 4:27

"opportunity" – *topos* = _____, _____