

Anger

I. Introduction

- A. Who and what gets you the angriest, why?
- B. Can you control the “*who*” or the “*what*?” What can you control?
- C. Have you ever said you “*hate*” someone?
- D. Do you think some spouses get bitter enough to give up on their marriage?
- E. If they had dealt with their anger before it turned into bitterness, rage, or hate, might they have saved their marriage?

II. Scripture

- A. Words (number of occurrences): Anger (234), wrath (198), hate (89), fury (70), vengeance (46), angry (45), indignation (42), hateth (32), bitterness (22), rage (18), furious (6), malice (6), mad (3)—19 others mean crazy.

B. Godly Anger Response

1. **Eph. 4:26**—Be A _____, yet don't sin; don't go to B _____ angry.
2. **1Sa. 11:6**—God's Spirit in Saul caused G _____ righteous anger.
3. **Rom. 13:4-5**—R _____ are God's righteous wrathful ministers for good.
4. **Joh. 2:14-17**—Jesus angrily used a W _____ to drive out all moneychangers.
5. **Psa. 7:11**—God is angry with the W _____ every day.
6. **Pro. 17:9; 19:11**—Loving/wise P _____ over other's sin and D _____ anger.

C. Ungodly Anger Response

1. **Jam. 1:19-20**—S _____ to hear—L _____ more—so you'll be angry less; S _____ to wrath.
2. **Psa. 37:8-9**—C _____ from anger, F _____ wrath, F _____ not to do evil, W _____ on the LORD.
3. **Pro. 11:23; 12:16; 14:29; 15:1**—Wicked foolish desire/hastily show W _____ ; G _____ words stir up anger.
4. **Rom. 12:19**—A _____ not yourself, give proper place to wrath.
5. **Gal. 5:20**—W _____ is a Work of the Flesh and not of the Spirit.
6. **Eph. 4:31; Col. 3:8**—Strongly put away A _____ anger/wrath/bitterness/evil speech.

III. Application

- A. Is anger sin?
- B. Why did God create/endow us with the emotion/passion of anger?
- C. What are some righteous character traits God may be developing in you when you wait on Him to repay other's actions?
- D. How can you keep from quickly getting angry or letting your anger progress to wrath or sin?

E. Mayo clinic's: "Anger Management: 10 tips to tame your temper" (May 04, 2018).
<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/anger-management/art-20045434>

1. Think before you S_____.
2. Once you're calm, express your A_____.
3. Get some E_____.
4. Take a T_____.
5. Identify possible S_____.
6. Stick with 'I' S_____.
7. Don't hold a G_____.
8. Use humor to release T_____.
9. Practice relaxation S_____.
10. Know when to seek H_____.

F. Anyone have a different practical tip for someone struggling with anger?

G. What 1-2 commands or tip(s) will you practice this week?

H. BONUS: ** Memory Verse ** (*Ephesians 4:26*) – "***Be ye angry, and sin not: let not the sun go down upon your wrath:***"