

EMOTE CONTROL – PART 5 – OVERCOMING UNGODLY ANGER



1) BIBLICAL OBSERVATIONS ABOUT ANGER

- a) God's anger is always _____ . *(Deut. 29:27; Judges 2:11-15; Romans 1:18)*
- b) Jesus' anger was never _____ . *(Hebrews 4:15)*
- c) Our anger is usually _____ . *(James 1:19-20)*
- d) Our anger is an _____ issue. *(Mark 7:21-23)*
- e) Our anger is usually due to a faulty _____ .

2) THE SOURCE OF ANGER AND SINFUL EXPRESSIONS

Sinful anger begins with wrong _____ .

- a) Two sources of sinful anger
 - i) Sinful _____ *(Proverbs 13:10)*
 - ii) Sinful _____ *(James 4:1-2)*
- b) Sinful expressions of Anger
 - i) Pouting / Withdrawing
 - ii) Dishonest sharing
 - iii) Refusal to share
 - iv) Outbursts / Verbal abuse
 - v) Violent Rage

3) BIBLICAL RESPONSE TO UNGODLY ANGER

Proverbs 14:17; 14:29; 15:18; 16:32; 22:24; 29:11; 29:22; Matthew 5:21-22; Galatians 5:19-21; Ephesians 4:26,27; James 1:19-21

- a) Begin to think Biblically about anger.
- b) Confess and repent of your thoughts and expressions of anger.
- c) Be determined to forsake ungodly anger. *(Colossians 3:8-10)*
- d) Begin to cultivate godly emotions in the place of anger. *(Ephesians 4:31-32)*

REFLECT

- *How is my pride breeding the anger in my heart?*
- *What am I not getting that I think I deserve and willing to go to war over?*
- *Who do I need to contact **TODAY** to reconcile with that I have hurt through my anger?*