

James 1:19-20 ERV **19** My dear brothers and sisters, always be more willing to listen than to speak. **Keep control of your anger.** **20** Anger does not help you live the way God wants.

Understanding and controlling anger:

1. Anger has a _____.

Biblical Example: _____

Jonah got angry because he wanted God to _____ the Ninevites. But God decided to have mercy on them when they _____ from _____.

Jonah 4:4 ESV **4** Then the Lord said, “Do you think it is _____ for _____ to be _____?”

One major root cause of anger is not _____ what _____.

Matthew 5:21-22 ESV **21** “You have heard that it was said to our people long ago, ‘You must not murder anyone. Any person who commits murder will be judged.’ **22** But I tell you, don’t be angry with _____. If you are _____ with others, you will be _____. ... And if you call someone a fool, you will be in danger of the fire of hell.”

Prayer: “Lord, you know I am angry right now. But, help me to make sure it is **right** for me to be angry about this. And, if it is, help me to show that anger the _____. But, if it is not right for me to be angry, help me to _____.”

2. Giving in to Anger _____ a _____.

Unfortunately, anger can be _____ if not controlled and can leave a mark on _____ and on _____.

Ephesians 4:26-27 **26** If you become angry, do not let your anger _____ you into _____, and do not stay angry all day. **27** Anger gives the _____ a _____.

The 4 most powerful words:

“I _____ am _____.”

3. _____ will _____ me _____ my anger.

Colossians 3:8 But now you must _____ of all such things as these: **anger**, rage, malice, slander, and filthy language from your lips.

Ephesians 4:31 _____ of all bitterness, passion, and anger. No more shouting or insults, no more hateful feelings of any sort.

NEXT STEPS:

- ___ When I get angry, I will stop & examine the root of my anger.
- ___ When I fail to control my anger, I will ask for forgiveness.
- ___ I will rely on God to help me control my anger.
- ___ I will get help for my anger.