

“The Most Dangerous Emotion – Part 1” Ephesians 4:26-27

Over the next few weeks we are going to study several _____ emotions that can poison your relationship with God and other people.

5 Questions About Emotions

1. What Are Emotions? The word emotion refers to our _____.

2. Where Do Emotions Come From? _____ gave them to us. They make _____ enjoyable and help us _____ to other people (Rom 12:15).

3. Why Didn’t God Give Us Only Good Emotions?

God can use even the harmful emotions to help us grow spiritually.

4. Do Good Christians Struggle With Emotional Problems?

3 examples: King David (Ps 38:4, 6, 8), The Apostle Paul (2 Cor 1:8), and Jesus (Mt 26:38).

5. Can I Control My Emotions? Pro 29:11, 10:19

The most dangerous of all emotions is _____.

5 Questions About Anger

1. What is Anger? Anger is universal, persistent, and contagious (Pro 22:24).

2. Is It Always a Sin to Be Angry?

Sometimes anger is a toxic emotion but sometimes it is a righteous emotion (Eph 4:26). One reason we can be sure anger is not always sinful is that the Bible tells us God gets angry.

3. What is the Difference Between Sinful Anger & Righteous Anger?

A. Examples of Sinful Anger: Cain (Gen 4:4-7), Naaman (2 Kings 5:9-12), and Saul (1 Samuel 18:6-9).

B. Examples of Righteous Anger: Moses (Exodus 32:19), Nehemiah (Neh 5:6-7), and Jesus (Mark 3:4-6).

4. How Can I Tell If I Have a Problem With Anger?

Angry people are quick-tempered, hold on to their anger, and justify their anger. Unless you have a personal relationship with Jesus, you will never get victory over anger (Phil 4.13).