

“The Most Dangerous Emotion – Part 2”
Ephesians 4:26-27

God gave us _____ to make life interesting and enjoyable. Even the _____ emotions like anger (sorrow, discouragement) are _____ for us because they force us to _____ to God and trust Him to meet our needs. The most dangerous emotion is _____. Ephesians 4:26-27 explains how to deal with it.

1. _____ Anger. Ephesians 4:26

A. What are the _____ of Anger? Major causes of anger include _____ (Jonah 4:1,4), _____, Embarrassment (Gen 3:11-13), _____, _____, a personality _____, or a _____ addiction.

B. What are the _____ of Anger?

- 1) Anger Damages Your _____.
- 2) Anger Deflates Your _____.
- 3) Anger Disturbs Your _____.
- 4) Anger Destroys Your _____.

2. _____ Anger. Ephesians 4:26

A. _____. Some people express anger like a _____ keg.

B. _____. Resentment is like a _____ pot that slowly boils and simmers and churns.

C. _____. God’s anger management _____ is found in James 1:19-20. The 3 steps are: Be Quick to _____, Be Slow to _____, and Be Slow to _____ Angry (Pro 16:32).

3. _____ Anger. Ephesians 4:26-27

Speak Consequences Turn Recognize Suspicion Resentment Sleep
Embarrassment Restrain Resolve Chemical Emotions Become Plan
Health Powder Disorder Anger Pride Listen Relationships Crock
Resentment Bad Causes Restraint Good Insecurity Attitude Rage