

“I’ve Got a Problem with Anger” Ephesians 4:26-32

Anger is a _____ emotion that is displayed in a variety of forms and degrees of _____. Anger can turn a normal person into a _____ (Pro 29:22).

1. Why Do We _____ Angry?

A. We are _____. Sometimes the _____ is physical and sometimes it is _____.

B. We are _____. The _____ of life can be very frustrating.

C. We are _____. Frank Minirth says, “Selfishness is the root _____ of most inappropriate anger.”

2. When Is Anger _____?

A. God the _____ Gets Angry. Ps 7:11

B. God the _____ Gets Angry. Mk 3:3-6

C. God the _____ Gets Angry. 1 Sam 11:6

3. How Can I _____ My Anger?

A. Speak _____ and Listen Carefully. James 1:19

B. Recognize that _____ Controls Your Circumstances.

C. Avoid _____ People. Pro 22:24-25

D. Learn to _____. 4:31-32 You can forgive others because God has forgiven you.

Control Pain Justified Monster Become Selfish Forgive
Circumstances Emotional Holy Spirit God Son Frustrated
Universal Calmly Father Hurt Intensity Cause Angry

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