

**“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.

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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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