

October 18, 2020

Life Is Complicated. (Week 6)
We Can Help.

Be angry and do not sin; do not let the sun go down on your anger. Ephesians 4:26 ESV

Human anger does not produce the righteousness that God desires. James 1:20 NIV

Four Steps to Control Unhealthy Anger:

1. _____ the cost.

An angry person causes trouble. Proverbs 29:22 NCV

Unhealthy anger leads to...

- _____

Hot tempers cause arguments, but patience brings peace. Proverbs 15:18 GNT

- _____

A wise man controls his temper. He knows that anger causes mistakes. Proverbs 14:29 TLB

- _____ actions

Anyone who gets angry quickly does foolish things. Proverbs 14:17 NIRV

2. _____ with it.

A fool gives full vent to his anger, but a wise man keeps himself under control. Proverbs 29:11

3. _____ pause.

Stupid people express their anger openly, but sensible people are patient and hold it back. Proverbs 29:11 GNT

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires. James 1:19-20 NIV

4. _____ your identity.

In a word, what I'm saying is, grow up. You're kingdom subjects. Now live like it. Live out your God-created identity. Live generously and graciously toward others, the way God lives toward you. Matthew 5:48 MSG

Love is not easily angered. 1 Corinthians 13:5 NIV

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