

How to Handle Anger

(Ephesians 4:25-32)

My Notes:

Introduction: Have you ever been angry? The answer to that question is a given. Does the Bible tell us how to handle anger? Let's look into God's book and see how to handle anger.

I. What Anger Is _____

- A) All anger is not always _____.
1. God is angry right now! (Psalm 7:11; Mark 3:5)
 2. Believers are _____ to be angry (Eph. 4:26).

II. What Anger Is

- A) Etymologically:
1. "Orge" - passion, energy
 2. "Thumos" - agitated, boiling within
 3. Webster's - "Excessive _____ or passion aroused by a sense of _____ or wrong."
- B) Good working definition: "God-given _____ intended to help me _____ biblically."
- C) Examples of right use of anger.
1. Paul (Galatians 2:11)
 2. Jesus (John 2:13-18)

III. When Anger Becomes Sinful

1. When it is _____ motivated (Eph. 4:25-27).
2. When God's _____ in the matter is distorted (James 1:19-20; Jonah 4).
3. When anger is allowed to _____ (Eph. 4:31; Col. 3:8).
4. When it attacks the _____ instead of the _____ (Mt. 5:22; Gal. 5:20).

IV. How to Handle Anger Sinfully

1. Do not admit it; clam up. (Eph. 4:26)
2. Rage; get even. (Prov. 6:34)
3. Act foolishly. (Prov. 14:17)
4. Don't understand; distort facts. (14:29)
5. Stir anger & strife in others. (15:1, 18; 29:22; 30:33)
6. Be hard to live with. (16:14; 19:11)
7. Fail to rule your spirit. (Prov. 16:32)
8. Get angry habitually. (Prov. 19:19)
9. Don't be good company. (22:24, 25)
10. Get "ticked off" by others. (25:28)
11. Be fierce & destructive. (Prov. 27:4)
12. Devour others (like dogs). (Gal. 5:15)

V. Biblical Steps to Handling Sinful Anger

1. Recognize. Admit. Confess. (Prov. 28:13)
 - (a) Learn to unlearn your anger (Prov. 22:24-25)
 - (b) Or else you will keep on doing it (Prov. 19:19)
2. See _____ in the trial (James 1:2-4).
3. Make room for God's _____ (Rom. 12:19).
4. Return good for what you think is evil (Rom. 12:21; Ps. 37:8).
5. _____ to solve the problem (Eph. 4:25-32).
6. Act to solve _____ part of the problem (Rom. 12:18).

(Prov. 22:24 - The Message)

(Ephesians 6:4)

Conclusion: Determine to handle your anger and control your temper so as to please God and improve your relationships with people.