

Learning to Control My Anger

I. Introduction

- A. It's how you _____ your anger that determines whether it is sinful or not.

II. Learning to Control My Anger

- A. Make a _____ to control it
1. Proverbs 29:11 (NAS) *A fool always loses his temper, but a wise man holds it back.*
 2. You have to decide __ _____.
- B. Realize the ____ if I _____ control my anger
1. Proverbs 29:22 (NAS) *An angry man stirs up strife, and a hot-tempered man abounds in transgression.*
 2. The end result of anger is _____.
- C. Learn to _____ my _____
1. Proverbs 21:23 (NAS) *He who guards his mouth and his tongue, guards his soul from troubles.*
 2. Proverbs 10:19 (NAS) *When there are many words, transgression is unavoidable, but he who restrains his lips is wise.*
 3. James 1:19b (NAS) *But everyone must be quick to hear, slow to speak and slow to anger.*
 4. James 3:2 (NAS) *For we all stumble in many ways. If anyone does not stumble in what he says, he is a perfect man, able to bridle the whole body as well.*
- D. _____ before _____
1. Proverbs 29:11 (NAS) *A fool always loses his temper, but a wise man holds it back.*
 2. _____ is a tremendous remedy for anger!

3. Ask yourself 3 questions:
 - a. ___ am I angry?
 - b. ___ do I really want?
 - c. ___ can I get it?
 4. Anger is almost never your _____ emotion!
 - a. When you're _____, you get angry.
 - b. _____ also causes anger.
 - c. We also almost always get angry when we feel _____.
- E. Release my anger _____
1. Ephesians 4:26 (NAS) *BE ANGRY, AND YET DO NOT SIN; do not let the sun go down on your anger.*
 2. Three ways not to deal with your anger:
 - a. _____ it
 - b. _____ it
 - c. _____ it in _____
 3. _____ your anger!
 4. Proverbs 22:24-25 (NAS) ²⁴*Do not associate with a man given to anger, or go with a hot-tempered man.* ²⁵*Or you will learn his ways and find a snare for yourself.*
 5. How you and I express our anger is a _____ behavior!
 6. You can _____ with God's help!
- F. Ask ___ to ___ you.
1. What I need is a _____ change!
 2. II Corinthians 5:17 (NAS) *Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.*

III. Conclusion