

## 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) <sup>24</sup>*Do not associate with a man given to anger, or go with a hot-tempered man.* <sup>25</sup>*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