

Let's talk about: Getting a Handle on Your Anger

Dr. Mike, I really need your help. I am surrounded by people that make me angry every day. I hate the person I have become. But it's not really my fault. It's the people that are around me. Well, maybe it is a little bit my fault. But can you please help me with my anger.

Before we can work on anything related to getting a handle on your anger, you will really need to get a right perspective and view of the situation.

1. Not all anger _____
(Ephesians 4:26).

This word angry is *orgizo* (org-E-zo) and has to do with being provoked, aroused.

- Three right things: (1)_____ (2)_____ (3)_____

2. Sinful anger _____
(Matthew 5:21-22).

What a powerful principle the Lord Jesus lays out by teaching that if you don't want to be associated with murderers, then don't be angry in a sinful manner. He further teaches that the deeper the anger issues, the more serious the consequence.

3. Beware of the _____
(Ephesians 4:29-31).

Notice the following things that grieve the Holy Spirit (4:30).

- Corrupt communication (4:29)
- Bitterness (4:31a)

- Wrath (4:31b)
- Anger (4:31c)
- Clamour (4:31d)
- Evil Speaking (4:31e)
- Malice (4:31f)

Stop the video. Look up the follow verses and in your own words describe what they say.

Proverbs 14:17

Proverbs 22:24

Proverbs 29:22

4. Take the following steps to _____

- Confess it as sin (1 John 1:9).
- Begin to listen how you speak to others (Ephesians 4:15).
- Ask the Lord to help you to begin to think in a renewed way (Rom. 12:1-2; Eph.4:22-23).
- When provoking situations arise, stop, think, hush(!), don't give place to Satan (Eph 4.27).
- Deliberately trust the Lord to help you to live out Ephesians 4:32.
- Are you sure that you know the Lord as your Savior?