

Anger Management

Ephesians 4:26



“As the time drew near for him to ascend to heaven, Jesus resolutely set out for Jerusalem. He sent messengers ahead to a Samaritan village to prepare for his arrival. But the people of the village did not welcome Jesus because he was on his way to Jerusalem. When James and John saw this, they said to Jesus, “Lord, should we call down fire from heaven to burn them up?” But Jesus turned and rebuked them. So they went on to another village. Luke 9:51–56 (NLT)

... anger causes mistakes. Proverbs 14:29 (TLB)

Short-tempered people do foolish things, Proverbs 14:17 (NLT)

Understand: Anger is NOT a _____



“He looked around at them angrily and was deeply saddened by their hard hearts. Then he said to the man, “Hold out your hand.” So the man held out his hand, and it was restored! Mark 3:5 (NLT)

Acknowledge: Anger can be _____



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

Anger Management for Skunks

- How will you feel in 10 _____?
- How will you feel in 10 _____?
- How will you feel in 10 _____?



Anger Management for Turtles

- Don't _____ your Anger
- Don't _____ your Anger
- Don't _____ inappropriately



Accept: Your
_____ on God



No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; he'll never let you be pushed past your limit; he'll always be there to help you come through it. 1 Corinthians 10:13 (MSG)