

ANGER

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"In your anger do not sin . . ." (Ephesians 4:26a).

Four keys to overcoming anger . . .

I. _____ **the results.** (Proverbs 29:22 LB; 15:18 GN)

A. When you lose your _____, you lose. (Proverbs 14:29; 14:17a)

B. Anger _____. (Proverbs 11:29 LB)

C. Three _____ for anger:

1. because you are _____
2. because you are _____
3. because you are _____

II. _____ **before reacting.** (Proverbs 29:11)

A. Remember, anger is a _____. (Proverbs 12:16)

B. Maturity is the ability to _____ a hurt. (Proverbs 19:11)

C. Ask: "Is this _____ it?" (Proverbs 30:33)

III. _____ **your remarks.** (Proverbs 17:27; 21:23)

A. Watch _____ you say and _____ you say it. (Proverbs 17:27 GN)

B. Anger is _____. (Proverbs 15:1)

IV. _____ **to God.** (Psalm 142:2)

A. Don't _____ it, _____ it **to God!**

B. How to _____ express anger:

1. Deal with it _____. (Ephesians 4:26)
2. Deal with it _____.
3. Deal with it _____.