

# Anger Requires Determination

## ANGER: PRACTICAL HELP WITH A POWERFUL EMOTION

A \_\_\_\_\_ the anger.

B \_\_\_\_\_ to the primary emotion.

C \_\_\_\_\_ the cause.

Causes in the \_\_\_\_\_.

Causes in the \_\_\_\_\_.

D \_\_\_\_\_ how best to deal with it.

Ephesians 4:26 *And "don't sin by letting anger control you."*

**THE RIGHT** \_\_\_\_\_

**THE RIGHT** \_\_\_\_\_

W \_\_\_\_\_?

W \_\_\_\_\_?

• \_\_\_\_\_ or \_\_\_\_\_

*Proverbs 9:7-9 Anyone who rebukes a mocker will get an insult in return. Anyone who corrects the wicked will get hurt. 8 So don't bother correcting mockers; they will only hate you. But correct the wise, and they will love you. 9 Instruct the wise, and they will be even wiser. Teach the righteous, and they will learn even more.*

James 1:20 (KJV) *For the wrath of man worketh not the righteousness of God.*

H \_\_\_\_\_?

- Physically \_\_\_\_\_ options
- Emotionally \_\_\_\_\_ options

Unhealthy

Healthy

Unhealthy



W \_\_\_\_\_?

Ephesians 4:26-27 ...*Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.*

How we express anger is a \_\_\_\_\_.

E \_\_\_\_\_

Event -> \_\_\_\_\_ -> \_\_\_\_\_ Response -> \_\_\_\_\_ Response

Ephesians 5:10 *Carefully determine what pleases the Lord.*