



May 5, 2019 | Part 2: How To Begin To Heal Anger

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**Ephesians 4:26-32**

**Two Strategies That Don't Work With Anger:**

1. \_\_\_\_\_ Up Destroys Others.
2. \_\_\_\_\_ Up Destroys Me.

**The One Thing:**

It's \_\_\_\_\_ to Get Angry. God Does.

It's \_\_\_\_\_ to Stay Angry. Heal Anger as God Does.

**Healing Anger In the Moment:**

**Ephesians 4:22-30**

1. Get Anger Off \_\_\_\_\_.

**Ephesians 4:26** "In your anger do not sin": Do not let the sun go down while you are still angry, . . .

2. Deal With Anger As \_\_\_\_\_ As \_\_\_\_\_.

3. Decide in Advance To Be a \_\_\_\_\_, Not a \_\_\_\_\_.

**Ephesians 4:29** Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

4. \_\_\_\_\_ My Words to Prevent Further \_\_\_\_\_.

### Healing Anger In the Long Run:

**Ephesians 4:31-5:2**

1. If I Can \_\_\_\_\_ It Go, Then \_\_\_\_\_ It Go. If Not, Then Have a \_\_\_\_\_.

2. Channel My Anger Toward \_\_\_\_\_ and \_\_\_\_\_.

**Exodus 34:6** And he passed in front of Moses, proclaiming, "The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness,

- Replace Anger With \_\_\_\_\_.
- Replace Bitterness With \_\_\_\_\_.
- Replace Animosity With \_\_\_\_\_.
- Replace Hatred With \_\_\_\_\_.

**Exodus 34:6**

**2 Corinthians 5:21**

**Romans 5:8-9**

**1 John 4:10**