



April 28, 2019 | Why Am I So Easily Angered?

Rage is All the _____ These Days.

James 1:19-20 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ because human anger does not produce the righteousness that God desires.

I Corinthians 13:4-5 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Ephesians 4:26-27 "In your anger do not sin" Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.

Proverbs 16:32 Better a patient person than a warrior, one with self-control than one who takes a city.

Where to Begin When I Find Anger So Easy:

1. I Need to Understand Anger From _____
_____.

- Anger Is an Intense, Emotional Feeling of _____ Toward _____ or Injustice.
- God Get's _____.

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 . . .

Psalm 30:4-5 Sing the praises of the Lord, you his faithful people; praise his holy name. For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.

- Anger, In Itself, Is Not _____, But My _____ Anger Usually Is.

2. Evaluate How My Anger Goes _____.

- Wrong _____
- Wrong _____
- Wrong _____
- Wrong _____

3. Work Back to the _____.

James 1:14-15 . . . but each person is tempted when they are dragged away by their own evil desire and enticed. ¹⁵ Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

4. The First Thing To Do When I Feel Angry is _____
_____.

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The One Thing:

Admit to _____ that I'll Never

Be _____ to _____ Without

Jesus, Who Knows How.