



October 1, 2023

Overcoming My Struggles with Frustration and Anger

Colossians 3:5-10

1 Corinthians 13:4-5

Ephesians 4:26-27

James 1:19-20

Exodus 34:6

The One Thing:

Everyone Gets Angry.

It's Not _____ to Stay Angry.

What's the Difference Between Healthy and Unhealthy Anger?

Selfish vs. _____

_____ vs. Loving

Uncontrolled vs. _____

_____ vs. Slow

Destructive vs. _____

What Are the Roots of My Sinful Anger?

1. Selfishness and _____
2. _____ Emotions
3. Real Injustice Handled _____.

What Are the Costs of Ignoring My Sinful Anger?

1. Uncontrolled Anger Opens the Door For the _____ and _____ in Every Part of My Life.

How Do I Become a Person Who Can Handle Anger in a Healthy Way?

1. Learn to _____ Down.
2. _____ is the Change I Need.
3. When There's Injustice, _____ Something _____.