Week #1: I'm So Angry

> *But don't let the passion of your emotions lead you to sin! Don't let anger control you or be fuel for revenge, not for even a day. Don't give the slanderous accuser, the Devil, an opportunity to manipulate you!*
>
> Ephesians 4:26-27 (TPT)

• It's not always _____ to feel angry, but it is bad for you to _____ angry.

> *Stop being angry! Turn from your rage! Do not lose your temper – it only leads to harm.*
>
> Psalm 37:8 (NLT)

You might be angry because:

• You were _____ or _____.

> *Some people make cutting remarks, but the words of the wise bring healing.*
>
> Proverbs 12:18 (NLT)

• You're _____.

> *Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.*
>
> James 1:19 (NLT)

• Of _____.

> *Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the Lord.*
>
> Romans 12:19 (NLT)

How to deal with angry people:

1) Try to _____.

2) Stay _____.

3) Don't _____.

4) Know when to _____.

How to deal with your anger:

1) Take time to _____.

2) Avoid the _____.

3) Get more _____.

4) Ask: _____ am I angry?

5) Take your feelings to _____.

> *Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*
>
> Ephesians 4:31-32 (NLT)

Discussion Questions:

1. Where or when do you tend to get irritated, frustrated, discouraged, or experience flashes of anger? Do you recognize any themes or patterns?

2. What healthy steps can you take to deal with other people's anger or your own?

Recommended Resources

- *Anger: Taming a Powerful Emotion*, by Gary Chapman
- *A Small Book About A Big Problem: Meditations on Anger, Patience, and Peace,* by Edward T. Welch
- *Breathe: Overcoming Anxiety, Depression and Negative Emotions,* by Timothy R. Scott, PhD
- *The Thing Beneath the Thing*, by Steve Carter

TPT (The Passion Translation)   NLT (New Living Translation)

This message outline and a whole lot more is available in our EastLake app. To download, visit eastlake.church/app. It is available for both iOS and Android phones and tablets.