

Series: "THOUGHT LIFE"
Part 4: "TRANSFORMING YOUR ANGER"
Crossroads Community Church
December 5, 2021

Anger defined....

- Anger is neither good nor bad; it is a charged, morally neutral emotional response of protective preservation. (Chip Ingram)

¹⁹ 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.
James 1:19-20 (NIV)

Ungodly anger....

1. _____ you
2. Invites _____ attack

²⁶ Be angry and do not sin; do not let the sun go down on your anger, ²⁷ and give no opportunity to the devil. Ephesians 4:26-27 (ESV)

How to deal with your anger Biblically....

1. _____ it
 - a. Embrace _____
2. _____ it
 - a. Identify the _____ emotion or issue
3. _____ it
 - a. Choose to _____, not _____

³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
Ephesians 4:31-32 (NIV)

- b. Let God be _____ because you're _____

³³ We may throw the dice, but the LORD determines how they fall.
Proverbs 16:33 (NLT)

²⁸ And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.
Romans 8:28 (NLT)

¹⁹ 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)

- c. _____ the pain, don't _____ it

²¹ Do not be overcome by evil, but overcome evil with good.
Romans 12:21 (NIV)

Don't forget....

- Text "FREE" to 920-717-1715 for a list of verses that deal with the topic of anger and how to handle it Biblically.

Notes:
