



Chill Week 3

July 26, 2026

Fill in your own notes here:

HERE'S THE TRUTH: WE ALL GET ANGRY; NOT ALWAYS AT PEOPLE, SOMETIMES WE GET MAD AT STUFF!

WHAT MAKES YOU ANGRY? STUFF OR PEOPLE OR BOTH!

“ANGER: the most powerful destructive and misunderstood of human emotions. When UNCONTROLLED it can ruin your personal life, family, health and career. When CONTROLLED and CHANNELED it can be the driving force behind remarkable accomplishments.”

I ALSO UNDERSTAND THERE ARE SOME VICTIMS OF ANGER IN THIS ROOM: IT IS REAL AND IT HURTS!

WE DON'T WANT TO REPEAT CYCLE OF ANGER, SO WHAT DO WE DO? DOES THE BIBLE COVER THIS?

Ephesians 4:26-27 ERV “When you are angry, don't let that anger make you sin...

3 PARTS TO THIS VERSE:

WHEN...NOT IF YOU GET ANGRY...DON'T SIN!

WHAT CAN WE DO TO AVOID SIN?

ADMIT IT! WE ALL GET ANGRY...EVEN JESUS! NOT JUST THE TEMPLE STORY!

Mark 3:5 LB Looking around at them angrily, for he was deeply disturbed by their indifference to human need...

Mark 10:14 GNT When Jesus noticed this, he was angry and said to his disciples, “Let the children come to me...

Matthew 23:13 MSG “I've had it with you! You're hopeless...Your lives are roadblocks to God's kingdom.

ANGER IS A NORMAL EMOTION! HAVE TO LEARN TO DEAL WITH IT!

2 TYPICAL RESPONSES WHEN WE ARE ANGRY:

1. STUFF IT INTERNALIZE! KILL THEM IN YOUR THOUGHTS!
2. EXPLODE HURT PEOPLE! – WORDS - ACTIONS!

NEITHER IS HEALTHY; IF YOU KEEP STUFFING...YOU WILL EXPLODE!

SO REMEMBER THIS: YOU ARE IN CONTROL OF YOUR ANGER!

LOOK AT THE 2ND PART OF THE VERSE...

Ephesians 4:26-27 ERV “When you are angry... don’t stay angry all day.

DON’T STAY ANGRY!

YOU MAY NEED SOME TIME TO PROCESS...MIGHT NEED TO CHANGE ENVIRONMENTS OR WALK AWAY! TAKE DEEP BREATHS!

PRACTICE PATIENCE!

Proverbs 16:32 ERV It is better to be patient than to be a strong soldier. It is better to control your anger than to capture a city.

SLOW DOWN...REMEMBER THIS PHRASE: “I could be wrong”

THINK IT...BELIEVE IT....SAY IT! TAKE CONTROL OF YOUR ANGER AND YOUR TONGUE!

James 3:5-6 MSG A small rudder on a huge ship in the hands of a skilled captain sets a course in the face of the strongest winds. A word out of your mouth may seem of no account, but it can accomplish nearly anything—or destroy it!

ANGER IS A RESPONSE; WHY ARE YOU ANGRY? DEFINE IT!

LISTEN FIRST...TALK IT OUT! DEAL WITH IT!

James 1:19 LB Don’t ever forget that it is best to listen much, speak little, and not become angry;

Proverbs 15:1 ERV A gentle answer makes anger disappear, but a rough answer makes it grow.

THE LAST PART OF THE VERSE IS A BIG PART...

Ephesians 4:26-27 ERV “When you are angry...Don’t give the devil a way to defeat you.

IF YOU STAY ANGRY...YOU LOSE! HOLDING ON TO HURT...WE LOSE!

NO FORGIVENESS...WE LOSE! THOUGHTS OF REVENGE...WE LOSE! HOW DO WE WIN?

Romans 12:18-19 ERV Do the best you can to live in peace with everyone...don’t try to punish anyone who does wrong to you. Wait for God to punish them with his anger...the Lord says, “I am the one who punishes; I will pay people back.”

Ephesians 4:31-32 ERV Never be bitter, angry, or mad. Never shout angrily or say things to hurt others...

Be kind and loving to each other. Forgive each other the same as God forgave you through Christ.