

ASKING FOR A FRIEND

HOW DO I DEAL WITH ANGER?

MATTHEW 5:21-26

GETTING HELP

Honesty is an excellent starting point.

FRUSTRATING

It feels wrong when something that's valuable to us is devalued.

LET'S BE HONEST

Often the most valuable thing to you, is you.

OUR REACTION

Anger is one of the major ways we participate in devaluing people.

FOR A FRIEND

How do you deal with a life marked by anger?

ADDRESS IT

Attack your anger.

ATTACKING ANGER

1. Understand anger's power.
2. Engage people personally.
3. Reclaim the right perspective.

A BIG DEAL

How you deal with your anger has massive implications on your godliness and witness.