

# TEMPER, PART 2

## A - ACKNOWLEDGE, ASK, ADMIT, ACT.

Acknowledge before God that you are angry.  
Ask yourself: Why am I so angry?  
Admit that you are wrong if you lost self-control.  
Act, don't react.

### **JAMES 1:19 NIV**

Everyone should be quick to listen, slow to speak and slow to become angry.

## N - NEVER GO TO SLEEP WHILE ANGRY

Learn to have difficult conversations and reconcile right away.

**BE UNOFFENDABLE.**

**PRIORITIZE YOUR DEVOTIONS EVERY SINGLE DAY.**

THIS IS THE BEST ANGER MANAGEMENT.

The solution is in the power of the Word of God.

**Process, Soak, Repent, Repeat.**

## G - GIVE UP YOUR ANGER FOR GOD'S GLORY

### **PSALM 37:8 NLT**

Stop being angry!  
Turn from your rage!  
Do not lose your temper—  
**it only leads to harm.**

- a. Glorify God by releasing your anger to Him.
- b. Glorify God by **CHOOSING YOUR FIGHTS WISELY.**
- c. Glorify God by choosing carefully the people you hang out with.

### **EPHESIANS 4:31-32 NLT**

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

### **Source Unknown**

*The time spent in "counting to ten" should be used to reflect upon the godly way to respond and to remind ourselves how **anger is to be used to solve problems** and not create bigger ones.*



## E - ETERNITY-MINDSET

Every thing we do here in earth has eternal consequences.  
Take care of your testimony.  
Use your anger to build the kingdom of God.

### **PROVERBS 29:11 AMP**

A [shortsighted] fool always loses his temper *and* displays his anger,  
But a wise man [uses self-control and] holds it back.

## R - REMEMBER JESUS' EXAMPLE

### **MARK 3:5 EASY**

Jesus looked round at everybody. **He felt angry with them. He also felt sad because they did not want to learn.**

**When Jesus was angry, he attacked the problem, the sinful behavior, the injustice, NOT THE PERSON.**

His anger was pure and completely justified because He was always thinking of **God's holiness, and He was coming from a place of love.**

**Jesus understands you when you're angry.**

**JESUS WANTS US TO BECOME MORE LIKE HIM, EVEN WHEN WE'RE ANGRY. ESPECIALLY WHEN WE'RE ANGRY.**

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## DISCUSSION QUESTIONS:

1. The next time you get angry, what are the things you can do to help you become more like Jesus? (Based on A.N.G.E.R.)
2. What scripture can you meditate upon and memorize to help you process your anger?