

Changed From the Inside Out

Making Anger Work For You and Not Against You

Ephesians 4:25-27, 29-32

I. Address the issue honestly (v. 25).

- A. Avoid inventing new information, stretching the story, and pretense (v. 25a).
- B. Honor the other by confronting the facts (v. 25b).

II. Deal with your anger appropriately (vv. 26-27)

- A. Attack the problem and not the person (vv. 26a).
- B. Address issues in a timely manner (v. 26b).
- C. Protect the relationships affected by the offense (v. 27).

III. Seek maturity and growth (vv. 29-32).

- A. Use your words to build up instead of tear down (v. 29).
- B. Honor God by showing maturity in your response to the offense (v. 30).
- C. Pause to deal with your emotions before you respond out of your pain (v. 31).
- D. Extend Christlike forgiveness (v. 32).