

Dealing With Anger - Part 2

¹Answer me when I call to you, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer. ²How long will you people turn my glory into shame? How long will you love delusions and seek false gods? ³Know that the Lord has set apart his faithful servant for himself; the Lord hears when I call to him. ⁴Tremble and do not sin; when you are on your beds, search your hearts and be silent. ⁵Offer the sacrifices of the righteous and trust in the Lord. ⁶Many, Lord, are asking, "Who will bring us prosperity?" Let the light of your face shine on us. ⁷Fill my heart with joy when their grain and new wine abound. ⁸In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.

- Psalm 4

I. _____ yourself of God's character.

A. _____ your heart to God's voice.

B. _____ His character.

II. _____ before the Lord.

A. Present your _____ to God.

B. When you _____ God, you need not fear _____ else.

III. In your anger do not _____.

"In your anger do not sin": Do not let the sun go down while you are still angry,²⁷ and do not give the devil a foothold. -Ephesians 4:26

IV. _____ your own heart.

A. Ask yourself, "Why am I so _____?"

B. _____ truth to your heart.

V. Be _____