# ALL IN #29: Why are you Angry?

A Study in the book of Ephesians. By Pastor Jason on 10-25-20 Text: Eph. 4:26-27

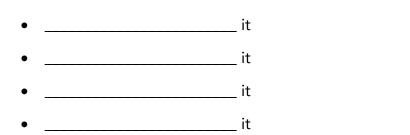
#### **Definitions of Anger:**

- 1. A strong \_\_\_\_\_\_ of annoyance, displeasure, or hostility
- 2. Anger is a \_\_\_\_\_\_ to something else
- 3. Anger is either \_\_\_\_\_, \_\_\_\_, or \_\_\_\_\_,

## How to Defeat Anger:

- 1. Ask: \_\_\_\_\_\_ am I angry? (Prov. 15:18)
- 2. \_\_\_\_\_ of loving these things above God (Ps. 139:23-24)
- 3. Choose to \_\_\_\_\_\_ the justice of God (Rom. 12:19)
- 4. Get \_\_\_\_\_\_ of anger quickly (Eph. 4:26)
- 5. \_\_\_\_\_ in the grace of God (Ps. 103:8-12, Prov. 14:29)

### In Conclusion, Do THIS with your Anger:



• \_\_\_\_\_ to, and \_\_\_\_\_ in the Spirit

OUR MISSION: Inviting people to Encounter a life changing God And become passionate followers of Christ.

#### TOGETHER GROUP QUESTIONS

Read Ephesians 4:26-27. What is God's Word saying to you in this verse? What is God's heart for His people? Try to pick apart each phrase.