

# How to Be Good & Mad

Ephesians 4:26–27

*In our passage, Paul gives helpful advice on how to deal with our anger.*

1. \_\_\_\_\_ IT  
Ephesians 4:26

2. \_\_\_\_\_ IT  
Ephesians 4:26

3. \_\_\_\_\_ IT  
Ephesians 4:26

4. \_\_\_\_\_ IT  
Ephesians 4:27

Six suggestions for resolving anger:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

*Who is it that you need to forgive? Who do you need to seek forgiveness from?*