



Part 7: Anger Management

This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. - Hebrews 4:15 NLT

Jesus went into the synagogue again and noticed a man with a deformed hand. 2 Since it was the Sabbath, Jesus' enemies watched him closely. If he healed the man's hand, they planned to accuse him of working on the Sabbath. 3 Jesus said to the man with the deformed hand, "Come and stand in front of everyone." 4 Then he turned to his critics and asked, "Does the law permit good deeds on the Sabbath, or is it a day for doing evil? Is this a day to save life or to destroy it?" But they wouldn't answer him. 5 He looked around at them angrily and was deeply saddened by their hard hearts. Then he said to the man, "Hold out your hand." So the man held out his hand, and it was restored! 6 At once the Pharisees went away and met with the supporters of Herod to plot how to kill Jesus. - Mark 3:1-6 NLT

And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, - Eph. 4:26 NLT

3 Keys to Anger Management

1. Discover - Why am I really mad?

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. 20 Human anger does not produce the righteousness God desires. - James 1:19-20 NLT

What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? 2 You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. - James 4:1-2 NLT

[Love] does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. - 1 Corinthians 13:5 NIV

Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many. - Hebrews 12:15 NLT

Sensible people control their temper; they earn respect by overlooking wrongs. - Proverbs 19:11 NLT

Pray: "Holy Spirit, help me!"

2. Disclose - Talk about it!

If another believer sins against you, go privately and point out the offense. - Matthew 18:15 NLT

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. - James 5:16 NLT

Pray: "Holy Spirit, heal me!"

3. Deny - Your flesh!

My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me. - Galatians 2:20 NLT

But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. - Col. 3:8 NLT

Fools vent their anger, but the wise quietly hold it back. - Proverbs 29:11 NLT

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. - Galatians 5:22-23 NLT

Pray: "Holy Spirit, have your way in me!"

TALK IT OVER

- Read James 4:1-2. Think about the last time you were angry. Can you identify what the root of that anger was?
- Share about some ways you typically handle your anger. What would look different in your life if you chose to pray the next time you were angry?
- Is there anything that you're currently angry about? Talk about it to discover the root, and identify a way you can handle this situation in a way that honors God.

Suggested Reading Plan: [Jesus Can Relate](#)

Announcements:

- **Sunday Service @ 10 AM.** Nursery for children up to age 4 (except 1st & 5th weeks); KidZone for ages 5-11.
- **Girl's Ministry** for grades K-6 *is on pause for the summer!*
- **Finish Line Youth** for ages 12-12th grade *is on pause for the summer!*
- **Kingdom Seekers Vacation Bible School** FREE for K-6 kids, August 14-18 from 9 AM to 12 noon. Register to attend or volunteer at <https://newlife-saugerties.org/vbs>
- **New Life Community Festival** August 19 from 11 AM to 2 PM. FREE games, food, prizes, backpack giveaway, and more for our community! Click [here](#) to volunteer!

For more information, visit newlife-saugerties.org and download our mobile app!

