



you  
asked  
for it.



**"I'm Angry... A Lot"**  
Pastor Jeremy McGarity

## I. ANGRY FACTS

*Fools give full vent to their rage, but the wise bring calm in the end.*

PROVERBS 29:11 (NIV)

### 1. Anger is a **C H O I C E**

*A wise man restrains his anger and overlooks insults. This is to his credit.*

PROVERBS 19:11 (LB)

## 2. Anger comes with a **C O S T**

*...a quick-tempered person stockpiles stupidity.*

**PROVERBS 14:29b (MSG)**

*A hot-tempered man... gets into all kinds of trouble.*

**PROVERBS 29:22 (LB)**

*The fool who provokes his family to anger and resentment will finally have nothing worthwhile left.*

**PROVERBS 11:29a (LB)**

## 3. Anger needs time and space to **C O O L**

*A stupid man gives free reign to his anger, but a wise man waits and lets it grow cool.*

**PROVERBS 29:11 (NEB)**

## 4. Anger can be **C O R R E C T**

*If you are angry, don't sin by nursing your grudge.*

**EPHESIANS 4:26a (LB)**

### • **R I G H T E O U S** Anger

*Never pay back evil with more evil...never take revenge, leave that to the righteous anger of God... but conquer evil by doing good.*

**ROMANS 12:17-21 (NLT)**

\*Jesus: Mark 11:15-18

## II. MANAGING ANGER

1. Don't **S T O R E** it

2. Don't **D E N Y** it

3. Remember: Anger ultimately hurts **Y O U**

*Why do you rip yourself apart in anger?*

**JOB 18:4a (GW)**

4. Change your **M I N D**

*Be transformed by the renewing of your mind.*

**ROMANS 12:2a (NIV)**

5. Change the ruler of your **H E A R T**

*Let the peace that comes from Christ rule in your hearts.*

**COLOSSIANS 3:15a (NLT)**

*Whatever is in your heart determines what you say.*

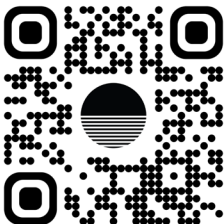
**MATTHEW 12:34b (NLT)**

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## SMALL GROUP QUESTIONS

- 1 Have you ever heard someone say, "You're making me so angry"? Most people blame anger on external sources, the situations, and the people they encounter. What do you typically blame your anger on?
- 2 Romans 12:17 says, "Do things in such a way that everyone can see you are honorable." (NLT) In another version, it says, "Give thought to do what is honorable..." (ESV). With this in mind, what are some specific things that you can plan to do differently the next time you find yourself getting angry?
- 3 In the Bible, what are some examples of righteous anger? How can we differentiate between righteous anger and sinful anger?
- 4 How does the Bible instruct us to handle our anger? Are there specific verses or passages that provide guidance on managing anger in a healthy and godly way?
- 5 What are the consequences of harboring anger in our hearts according to Scripture? How does anger affect our relationships with others and with God?
- 6 How does the concept of forgiveness relate to anger in the Bible? What does the Bible teach us about forgiving others and letting go of anger?



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## Upcoming Events

- 07.08 | Grandparenting Matters  
Summer Playdate
- 07.10 | Venture at Lakeside Begins
- 07.23 | Summer Nights - Country Night
- 07.30 | Summer Nights - Thrive Worship  
& Baptisms