

DISARMING ANGER
Controlling Anger, Pt.1
October 19, 2025

Ephesians 4:26 "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." (NIV)

1. Calculate _____ .

2. Take _____ .

3. Don't _____ .

Ephesians 4:31 "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ^{32.} Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." (NIV)

4. Release _____ .

Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." (NIV)

5. Be _____ .

Ephesians 4:30 "And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption." (NIV)

6. Listen _____ .

Ephesians 5:1 "Follow God's example, therefore, as dearly loved children ^{2.} and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God." (NIV)

7. Fill _____ .

Galatians 5:24