

SERIES: I'M NOT ANGRY!

Part 5: From Fear To Anger

Psalm 118:1-2, 4-8; 2 Timothy 1:7

2 Timothy 1:7 "For God has not given us a spirit of fear and timidity, but of power, love and self discipline."

I. First _____ how anger and fear _____ in your life

A. Anger is the emotion of _____

Anger is often experienced when we feel under attack in the following three areas:

1) Self- _____

2) Basic _____

3) Essential _____

B. Fear is the _____ of _____ that creates a sense of apprehension, hesitancy and doubt

"Even though I walk through the valley of greatest darkness, I will fear no evil." Psalm 23:4

II. _____ how fear _____ anger

Fear creates three kinds of defensive reactions:

A. _____: The refusal to accept personal problems or tensions

Horizontal lines for taking notes.

B. _____: Being dishonest with others

C. _____: We become aggressive with others

III. Three _____ to take to deal with fear and anger:

A. _____ open your heart to God's love
"We know how much God loves us, and we have put our trust in Him. God is love, and all who live in love live in God, and God lives in them. ¹⁷And as we live in God, our love grows more perfect. So we will not be afraid on the Day of Judgment, but we can face Him with confidence because we are like Christ here in this world. ¹⁸Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of judgment, and this shows that His love has not been perfected in us. ¹⁹We love each other as a result of His loving us first." 1 John 4:16-19

John 3:16

B. _____ that God is in _____ of your life

Psalm 118:1, 5-8; Psalm 56:3-4, 11

C. _____ to become more _____

Mark 10:21; 2 Corinthians 12:5; Romans 12:10

Horizontal lines for taking notes.