Scott A. Wood 9-2-2018

SERIES: I'M NOT ANGRY
Part 8: The Relationship Cure

"God did not accept Cain's gift. This made Cain very angry, and he looked dejected. [6]'Why are you so angry?' the Lord asked Cain. 'Why do you look so dejected? [7]You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master." Genesis 4:5-7

"The fool who provokes his or her family to anger and resentment will finally have nothing left." Proverbs 11:29 LB

Anatomy of an argument:

Phase 1: _____: We have a problem

Phase 2: _____: I'm upset about it

Phase 3: _____: What can we do about it?

How to express your anger appropriately:

I. _____ my anger

"So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. [26]And don't sin by letting anger control you." Ephesians 4:25-26a

Notes:

II. _____ my anger

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

"People with understanding control their anger; a hot temper shows great foolishness." Proverbs 14:29

"Better to be patient than powerful; better to have self-control than to conquer a city." Proverbs 16:32

III. _____ _____ with my anger

"You must 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

"Control your anger, for anger labels you a fool." Ecclesiastes 7:9

"Stop being angry! Turn from your rage. Do not lose your temper, it only leads to harm." Psalm 37:8

"A gentle answer deflects anger, but harsh words make tempers flare." Proverbs 15:11

IV. _____ my anger

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

"A hot-tempered person starts fights; a cool-tempered person stops them." Proverbs 15:18

Notes: