

How Disciples of Christ Are Called to Deal With Their Anger

Scripture Reading: *Romans 12:14-21*

Introduction:

- A. "Anyone can become angry. That is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way—that is not easy." (Aristotle)
- B. Most men and women naturally respond to anger in one of two different ways:

- 1. The _____ (*James 3:1-8; Matthew 5:21-22*).
- 2. The _____ (*Matthew 5:8; 15:19-20; James 4:1*).

I. God has given us strong warnings about the sinful potential of carnal anger.

- A. *James 1:19-20* — the anger of man does not produce the righteousness of God.
- B. *Proverbs 29:22* — one given to anger causes much transgression.
- C. *Eph. 4:31-32* — bitterness, wrath, anger, clamor, slander and malice are to be put away.

II. The practical question, of course, is how? Where do I start?

- A. All true change for the better begins with _____.
- B. When I am willing to begin rebuilding on a foundation of repentance, what wisdom do I find in God's word that will help me deal with my anger in a more godly way?
 - 1. Sometimes, I just have to be willing to _____ it! (*Proverbs 17:14*)
 - 2. Regardless of my circumstances, I have to learn to _____ it! (*Proverbs 29:11*)
 - 3. I must consistently ask myself, "Am I _____?" (*James 1:19*)
 - 4. The righteous heart closes the _____ and opens the _____ (*Proverbs 15:28*).
 - 5. Prudence means sometimes _____ myself from the situation (*Proverbs 22:3*).
 - 6. I must always remember: how I _____ matters! (*Proverbs 15:1*).
 - 7. My charge: always, always, always, speak the _____ in _____ (*Ephesians 4:15*).