

HOW TO ANGER WELL

Turning Anger into a Friend

Ephesians 4:26-27, James 1:19-20

3 MASKS OF ANGER

_____ Spewers: Anger is Necessary

_____ Stuffers: Anger is Wrong

_____ Leakers: Anger Shown is Wrong

HOW TO ANGER WELL

The Secret to Turning Anger into a Friend

❶ LISTEN UP! (ASAP) "*quick to listen*"

❷ QUIET DOWN! "*slow to speak*"

❸ CALM DOWN! "*slow to anger*"

HOW TO RESOLVE ANGER

Healing the Wounds of Anger

❶ CLEANSE the wound through confession & repentance.

❷ TREAT the wound by extending forgiveness/reconciliation

❸ BANDAGE the wound by putting the past behind you.

How to Anger Well... Message by Pastor Jesse E. - (7/19/15).

REALife Application

QUICK REVIEW - Looking back over your sermon notes, which particular point or passage of Scripture most challenged, confused or caught your attention?

1. This weekend we heard that anger is something we all do and something most of us think we shouldn't do.

As you think about the areas you're prone to anger about, are there any signs that indicate you've moved from proactive concern to unhealthy anger?

2. Jesse mentioned that sometimes anger can be a good thing. Have you experienced times when anger has been a good thing for you? If so, explain?

DIGGING DEEPER

1. When you face a difficult situation, what is your natural reaction? Why is listening so hard? See Prov. 1:5, 8:33, and 18:13. What are we listening for? (James 1:5)

2. What are some of the dangers of anger? See Prov. 14:17, 16:32, 25:28, 29:11, 22 and Eccl. 7:9. When do you tend to get angry?

3. Self-awareness is critical when dealing with anger. When are you most easily provoked to anger?

4. Share an experience where you were wounded and have now worked through the process of forgiveness. As you have worked through relational wounds, what helped you get past the hurt?

5. Romans 12:18 Paul said if it is possible, as far as it depends on you, live at peace with everyone. What advice would you give someone who was seeking reconciliation but their efforts were rejected by the other person?

6. What have you learned about "putting the past behind you?" How have you released past wounds and "let them go"?

7. How can we pray for you tonight?

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Healing the Wounds of Anger

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❷ _____ *the wound by extending forgiveness/reconciliation*

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