

***Do You Have a Handle on Your Anger or  
Does It Have a Handle on You?  
James 1:19-20***

**Some Truth About Anger:**

1. It's not \_\_\_\_\_ a sin to be angry.
  2. If we are honest, our anger is often more of a \_\_\_\_\_
- Anger is good when it moves us towards doing \_\_\_\_\_  
It's bad when it moves us towards doing \_\_\_\_\_

**How God Operates:**

- A. God is \_\_\_\_\_ angry.
- B. God expresses anger \_\_\_\_\_

**Some Things We Can All Work On.**

1. The first thing we should do \_\_\_\_\_
2. Realize I am \_\_\_\_\_ for my anger. Excuses are a  
\_\_\_\_\_. Stop \_\_\_\_\_ angry outbursts.
3. Learn to \_\_\_\_\_
4. If you can't let it go, deal with it \_\_\_\_\_  
Compare Matthew 18:15-17 with Matthew 5:23-24  
\_\_\_\_\_ have a responsibility to fix things.  
Don't think you can be \_\_\_\_\_ if you are  
\_\_\_\_\_
5. The only cure for anger is \_\_\_\_\_, rooted in God's  
forgiveness \_\_\_\_\_

**Final Thought:**

**Forgiveness is \_\_\_\_\_ for Christians.**

***For Further Discussion***

This weekend we explored the importance and principles of anger management. Looking back, was there one particular verse, thought, or insight that you found to be particularly helpful or challenging?

Both the Bible (Proverbs 22:24-25) and psychology make it clear that anger can actually be contagious! Thinking back through your own life experiences, can you remember a time when the anger of a "Hot-Headed" or "Cause-Consumed" person influenced you negatively?

What are some standard excuses you've used (or heard others use) to excuse inappropriate expressions of anger?

One of the initial steps in "lengthening our fuse" is to align our personal outlook on life and anger with biblical truth. For each of the following verses, write a brief description of what it says about anger and also a brief description of how our culture at large looks at the issue. Proverbs 14:17; Proverbs 16:32; Proverbs 19:11; Proverbs 29:11; Ecclesiastes 7:9

Read Ephesians 4:26-27. What are some ways that anger can be used by the Devil as a "foothold" in a person's life?

Have you ever been affected by any of these "footholds" either by your own anger or by the anger of another person? What was the result?

What would it look like to live by the principle of "not letting the sun go down while you are still angry"? Can you think of any ways this verse might be misunderstood or misapplied?

Thinking about your own life, what are some of the situations, events or relationships that most easily trigger an expression of anger within you?

What are some practical methods you have discovered in your own life or seen in the life of someone else to "lengthen the fuse" or stop inappropriate expressions of anger?