

Proverbs 6:16-19

There are six things the LORD hates, seven that are detestable to him: ¹⁷haughty eyes, a lying tongue, hands that shed innocent blood, ¹⁸a heart that devises wicked schemes, feet that are quick to rush into evil, ¹⁹a false witness who pours out lies and a man who stirs up dissension among brothers.

I. Week #1 Recap:

1. Pride is _____ worship.
2. Pride is not just a matter of arrogance but also _____ . It is just an overemphasis on _____ .
3. Pride will distance you from _____ and from _____ .

II. Understanding Anger

1. Anger is a _____ emotion.

Ephesians 4:26

"In your anger do not sin": Do not let the sun go down while you are still angry,

2. Anger can be a catalyst for _____ or a catalyst for _____ .

III. Approaches to Anger

1 Timothy 3:16

Beyond all question, the mystery of godliness is great: He appeared in a body, was vindicated by the Spirit, was seen by angels, was preached among the nations, was believed on in the world, was taken up in glory.

1. Toxic Waste: _____ Anger
 - Burying anger deep only causes it to seep into the water supply and eventually _____ everyone around you.

Perverted anger is always a result of perverted worship.

2. Volcano: _____ Anger

- When you erupt, you leave nothing around you but _____ .

3. Snow Cone: _____ Anger

IV. Analogies of Anger

1. Anger is like a _____ .

- Anger is always the _____ emotion; it says, *Jump over the first and I'll be waiting for you.*
- We opt for anger over _____ and _____ .

2. Anger is like a _____ .

- Anger avoided will only _____ in the rotisserie oven of our minds.
- If you choose to lay down with anger, you will wake up with _____ .

3. Anger is like a _____ .

- Revenge is _____ ; it is elbowing God out of what he promised to do.
- God will exact justice _____ . You will do it _____ and _____ .

Romans 12:19

Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

4. Anger is like a _____ .

Proverbs 12:18

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Reckless words pierce like a sword, but the tongue of the wise brings healing.

- When you swing the sword of anger, your pace may _____ but those you love will be unable to _____.

V. The Cure

1. Consider the _____.
2. _____ the relationship.
3. _____ with "I feel" statements.
4. Turn the _____ down.

Proverbs 15:1

A gentle answer turns away wrath, but a harsh word stirs up anger.

5. Make your goal _____ instead of _____.
6. Look for a practical way to _____ them.

Romans 12:17-21

Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. ¹⁸If it is possible, as far as it depends on you, live at peace with everyone. ¹⁹Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. ²⁰On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." ²¹Do not be overcome by evil, but overcome evil with good.

7. _____ them.

Week 2: Unraveling Anger