

Breaking Free From Besetting Sins
Expressing Anger Appropriately

I. Introduction

- A. Facts about anger
1. The average _____ loses his temper 6 times a week.
 2. The average _____ loses her temper 3 times a week.
 3. Women get angry more often at _____.
 4. Men get angry more often at _____.
 5. Single adults express anger _____ as often as married adults.
 6. Men are more _____ with their anger than women.
 7. Human beings express anger more often at _____ than any other place.
 8. Anger is the most frequent and intense toward those we _____.
- B. Fact: We _____ get angry. We just _____ it in different ways. Anger is a God-given emotion.
1. _____ got angry. God the Father got angry.
 2. Ephesians 4:26a (NAS) *BE ANGRY, AND YET DO NOT SIN.*
 3. The issue is: "How can I _____ my anger in non-destructive (appropriate) ways?"

II. Ways People Express Anger:

- A. The _____
1. Genesis 4:5, 8b (NAS) *⁵But for Cain and for his offering He had no regard. So Cain became very angry and his countenance fell. ⁸And it came about when they were in the field, that Cain rose up against Abel his brother and killed him.*
 2. This type of person usually _____ their anger afterward.
- B. The _____
- C. The _____
1. The number 1 sign of a martyr is _____.
 - a. Depression is often _____ anger.
- D. The _____

III. How to Express Anger Appropriately:

- A. Understand _____ you get angry
1. Proverbs 19:11a (NAS) *A man's discretion makes him slow to anger.*
 2. Anger is a warning light that tells you there's something else _____ that's wrong!
 3. Three most common causes of anger:
 - a. _____ (physical or emotional)
 - b. _____
 - c. _____ or fear - - We get angry when we feel threatened or afraid.
- B. Look to _____, not _____ for your self-worth
1. The more _____ I am, the more I depend on _____ opinion of me to make me feel good about myself.
 2. Proverbs 14:26a (NAS) *In the fear of the LORD there is strong confidence.*
 3. If _____ likes me and I like me, and you don't like me, then _____ have a problem!
 4. The key to this is you have to learn what _____ says about you!
- C. Stop and _____ before reacting
1. Proverbs 21:23 (NAS) *He who guards his mouth and his tongue, guards his soul from troubles.*
 2. Proverbs 17:27 (NAS) *He who restrains his words has knowledge, and he who has a cool spirit is a man of understanding.*
 3. The key word in anger management is "_____."
 - a. You need time to _____ before you react!
 - b. Therefore, you need to _____ your response!
 4. Ask yourself:
 - a. _____ am I angry?
 - b. What do I really _____ out of this encounter?

- c. How can I _____ get it?
- 5. When you feel angry, stop and ask yourself, "Do I _____ to get angry?" Then you can choose to _____ it.
- 6. Controlling the expression of your anger starts with a _____ to change.
 - a. Proverbs 29:11 (NAS) *A fool always loses his temper, but a wise man holds it back.*
- D. Learn to _____
 - 1. Proverbs 14:30a (NAS) *A tranquil heart is life to the body.*
 - 2. _____ tend to bring out the worst in us!
 - 3. Suggestions on helping you relax:
 - a. Be aware when _____ is building up in your life.
 - i. Know that it will come out eventually
 - ii. When you're tense and fatigued, it's easy to get in _____.
 - b. Learn some _____ techniques
 - i. Aerobic exercise reduces stress.
 - ii. Take some deep _____
 - c. Develop a sense of _____.
- E. Continually ask _____ for _____
 - 1. When you're filled with _____, it takes a lot to upset you.
 - 2. Ask for the _____ to fill you regularly.
 - a. Ephesians 5:18 (NAS) *And do not get drunk with wine, for that is dissipation, but be filled with the Spirit.*
 - 3. _____ can _____ the "deeper issues" that are causing your anger.

IV. Conclusion