

## PERSONAL APPLICATION

- What steps can you take to control your temper the next time you get angry?
- Do you still have resentment toward anyone who has hurt you? What can you do to forgive them and get rid of the resentment?
- For those of you who tend to 'stuff' your anger, what would be a better response?

## PRAYER

- Ask God to heal you from any wounds from your in the past and to be able to forgive those that have wounded you, including yourself.
- Pray for wisdom and patience in any areas where you have been feeling angry or hassled out of frustration.
- Ask God to surround you with peace, acceptance, and security in Him in any areas where you have been feeling insecure.

## NOTES

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## WEEK 7: ANGER MANAGEMENT

### CONNECT

- When was the last time you got angry and lost your temper? How did it affect you and the people around you?
- What are the things that make you angry? How do you handle your anger?
- Have you ever done something when you were angry that you regretted after?

### WHAT

If you've never gotten angry...you might not be alive! All of us have moments where we feel anger welling up inside on a weekly if not daily basis. Anger is described as both a cause of sin and an emotion displayed by God. Handling anger is a very important life skill because when anger is not handled properly it can shatter communication and tear apart relationships.



*"An angry person stirs up conflict, and a hot tempered person commits many sins."*

**Proverbs 29:22 (NIV)**

**1. Anger that is unguided stirs up conflict.**

*"An angry person stirs up conflict, and a hot tempered person commits many sins."*

Proverbs 29:22

I'm not sure what a 'cool' tempered person is, but I know a hot tempered person is one who is quickly, easily, and 'uncontrollably' angered. (Scripture teaches that anger can be uncontrolled but it is not uncontrollable.) How does unguided anger stir up conflict? What are some other effects of unguided or uncontrolled anger?

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**2. Anger is dealt with patience and love.**

*"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,"*

James 1:19

Scripture instructs us to be 'slow to anger' and that 'love is not easily angered.' (1 Cor.13:5) Anger is generally a response to pain, frustration, or insecurity. What are some practical ways to slow down anger?

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**3. Anger should be resolved before the day ends.**

*"In your anger do not sin.": Do not let the sun go down while you are still angry, and do not give the devil a foothold."*

Ephesians 4:26, 27

Anger was given to us as an indicator that something is not right. Slowing down our response to anger is so that we can respond correctly to it, not simply ignore or 'stuff' our anger. Our response to anger should be guided toward the source of that anger. Do you have any areas of anger/frustration in your life right now? Here are 3 simple questions to ask: 1) Why am I angry? 2) What is it that needs to change? 3) How can I best bring about that change?

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