

2. You must _____ to control your _____ and not let it control _____.

Psalm 37:8 (NLT) - Stop being angry! Turn from your rage! Do not lose your temper—it only leads to harm.

Proverbs 29:11 (NIV) - A fool gives full vent to his anger, but a wise man keeps himself under control.

Ephesians 4:26 (TEV) - If you become angry, do not let your anger lead you into sin, and do not stay angry all day.

3. You must realize the high _____ of _____ anger.

A. Your uncontrolled anger affects you _____.

Proverbs 29:22 (NLT) - An angry person starts fights; a hot-tempered person commits all kinds of sin.

Proverbs 14:29 (TLB) - A wise man controls his temper. He knows that anger causes mistakes.

Proverbs 14:17 (NKJV) - A quick-tempered *man* acts foolishly, And a man of wicked intentions is hated.

B. Your uncontrolled anger affects how you _____ to _____.

Proverbs 15:18 (TLB) - A quick-tempered man starts fights; a cool-tempered man tries to stop them. How many of you would agree with this passage?

C. Your uncontrolled anger affects your _____.

Proverbs 11:29 (TLB) - The fool who provokes his family to anger and resentment will finally have nothing worthwhile left. He shall be the servant of a wiser man.

Ephesians 6:4 (TEV) - Parents, do not treat your children in such a way as to make them angry. Instead, raise them with Christian discipline and instruction.

4. You must _____ with your anger _____.

A. _____ before you _____ to anybody or anything.

Proverbs 14:29 (NLT) - People with understanding control their anger; a hot temper shows great foolishness.

Proverbs 14:29 (MSG) - Slowness to anger makes for deep understanding; a quick-tempered person stockpiles stupidity.

Proverbs 29:11 (TEV) - Stupid people express their anger openly, but sensible people are patient and hold it back.

Psalm 141:3 (AMP) - Set a guard, O Lord, before my mouth; keep watch at the door of my lips.

Proverbs 20:1 (TEV) - Drinking too much makes you loud and foolish. It's stupid to get drunk.

B. _____ your angry _____.

Ephesians 4:31-32 (NLT) - Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ³²Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Get rid - αἰρῶ (ai-rō);

C. _____ on God's _____.

Rom. 15:5 (NCV) - Patience and encouragement come from God. I pray God will help you all agree with each other the way Christ Jesus wants.

PERSONAL APPLICATION AND COMMITMENT:

It's sad but true that we often get angry at those who are closest to us. It's hard to admit we have an anger problem. But the first step is to resolve to manage it according to God's ways and not the world's. We need to remember the cost and the damage anger can cause. Seek fellowship with others who can hold us accountable while reminding us of the cost. We need to reflect before reacting. Wise people control their tongue and depend on God to help their patience. Releasing anger appropriately is essential to avoid sin. Lastly, and most importantly, we must rely on God's help. Take the necessary steps to practice them. If you know of someone who has unmanaged anger, share this guide with them.

MEMORY VERSE

"Love is not easily angered." 1 Corinthians 13:5 (NIV)

PRAYER FOCUS

Pray that our love will be clothed in humility and not in pride or rage. Pray that divine love will occupy our hearts and minds instead of revenge or malice. Pray that we will speak in love and not wrath when anger appears. Pray that love will keep us from getting temperamental. Pray that love will motivate us to reconcile with others. Close your prayer by thanking God for Jesus' decision to choose love on the cross instead of anger.

CELEBRATION SUNDAY

November 13th will be the end of the *40 Days of Love Campaign*, and it is going to end on a high note. We are planning a special culmination to the Campaign, called Celebration Sunday. At each worship service, we are going to celebrate all that God has done in our midst over the past 40 days. We will highlight the Campaign with stories from people whose lives have been changed, catch the vision for the impact that this Campaign has had on our church and the direction we are going in the future, and have a time of great rejoicing in seeing God at work so strongly in our midst. We are asking everyone to plan for a special offering that reflects how they were blessed by God during the 40 Days of Love. You do not want to miss Celebration Sunday!

NEXT WEEK: How do I love beyond 40 days?



Pray & review any challenges made during the personal application & commitment section of your previous meeting.

1. RESOLVE TO CONTROL IT.

What does Proverb 29:11 say a fool does? What does a wise man do?

- Anger is a choice. Why is it important to resolve to manage it in advance?
- Most people don't admit anger can be controlled. What are some excuses for denying we can manage anger?
- No one can make us mad without our consent. Why do people often blame others for their uncontrolled anger?

Discipleship –Just as uncontrolled anger is a learned behavior; it can be unlearned and managed. Before examining the next five steps, ask yourself the three questions, “Will I resolve to manage my anger? Will I commit to the necessary actions below to make this happen? How will I rely on my small group or others to support these decisions?”

2. REMEMBER THE COST.

What happens to a hot tempered man according to Proverb 29:22?

- When we remember the cost, we are motivated to manage anger. What are some of the costs when this is forgotten?
- How does unmanaged and out of control anger destroy relationships?
- What are some potential consequences in business and the community that a hot temper might influence?

According to Proverbs 14:17, 14:29 and 15:18, what are the results of a hot temper?

- Hot tempers hurt relationships. What are some of the affects anger has on those who are close to us?
- Out of control anger leads to foolishness. What kind of impressions does this leave on people?

Read Proverb 11:29. What happens to the person who provokes his family?

- How can a hot temper affect a family and children? How do children often learn to get a bad temper?
- Anger in parents on children has the effect and leads to three things: more anger, apathy and finally, alienation. What are some of the patterns in society that prove this point?

Fellowship –A good reminder of the cost of a hot temper is: “I always lose when I lose my temper.” What are some of the important relationships in your life that are more valuable than a hot temper? Who do you love enough and value over angry feelings? Who are some people you can share the challenges of anger with and rely on for fellowship to help? Identify some people or a group you can securely share the challenges of anger with who can remind you of the cost.

3. REFLECT BEFORE REACTING.

What is the difference between how a stupid man and a wise man react in Proverb 29:11?

- Anger control is mouth control. How can waiting to react often calm a situation?
- Don't be impulsive. Why is the first impulse sometimes not the best reaction to a situation?
- Delay is a great remedy. What can change in a situation when we use delay to reflect?

In Proverb 19:11, what does a man's wisdom give?

- For wisdom about anger we can reflect on three questions:
- Why am I angry? Anger is a symptom.
- What do I really want? Is it what I'm mad about or is it control?
- How can I get it? What should be the right action to attain the objective?

What is the prayer in Psalm 141:3?

- How can the prayer above change reactions to anger when put into practice?

In Proverb 20:1, what does it say about drinking too much alcohol? What is it stupid to do so?

- The number one cause for uncontrolled anger is alcohol. Why is this true?

Discipleship –Understand the three root causes of anger; it's hurt – when someone or something causes us pain, it's frustration – we feel out of control and we get irritated, and it's fear – we feel trapped, threatened or insecure. What actions can you take that will allow for reflection before reaction? You can pray, memorize scripture, you can forgive or ask for forgiveness. Identify at least three commitments you will make to control reactions. Write them down.

4. RELEASE MY ANGER APPROPRIATELY.

What does Ephesians 4:26 say about anger?

- Aggression only produces more. Why does just “letting it out” never work?
- It's all about how people release anger. What are some right ways? What are some wrong ways?

In Proverb 15:1, what does a gentle answer do? What does a harsh answer do?

- How can talking low and slow calm a situation?
- Why does loud only seem to escalate a situation?

Discipleship – There are three ways not to release anger: 1. Suppress it or store it up inside. It will eventually blow up. 2. Repress it. This can often lead to depression. The last way is expressing it which comes out in the form of sarcasm or manipulation. The right way to release anger is to confess it. Is there anything that is making you angry? If so, what do you need to confess? Pray about it and take action. Confess this to a trusted individual and God. It needs to be released appropriately.

5. RELY ON GOD'S HELP.

Read Romans 15:5. Where do patience and encouragement come from? What is Paul's prayer?

- What are some ways God can help us with patience?

In Galatians 5:22, what is the fruit of the Spirit?

- Why is patience the outer result when God's Spirit is inside us?
- How can patience affect others we are close to?

What does Matthew 12:34 say about what is in your heart?

- Tension and temper go together. Why should our faith in Christ release tension?
- The tongue describes the heart. How can God help what is in our heart?

According to Ezekiel 36:26, what is given? What is removed?

- Why is it important to have a heart that is, “God-willed” instead of “self willed”?

Worship – The real secret for love is a heart transplant. That means giving our heart to God so he can transform us. How can you worship God more? What can you do to praise Him more? Take the action step to commit or re-commit yourself to Jesus right now.

How to _____ Your _____ Through _____ 1 Corinthians 13:4-5; Selected Scriptures By D.Z. Cofield, Th.M., D. Min. October 30, 2011

1 Corinthians 13:4-5 (NIV) - Love is patient, love is kind. It does not envy, it does not boast, it is not proud.⁵ It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

1. You must identify and understand the _____ of your _____.

James 1:19-20 (NCV) - My dear brothers and sisters, always be willing to listen and slow to speak. Do not become angry easily,²⁰ because anger will not help you live the right kind of life God wants.

– The first thing that causes you to get angry is _____.

– The second thing that causes you to get angry is _____.

– The third cause of anger is _____.