

Redeem Your Anger – Part 1 – Describing Angry People

Eph 4.26–27 Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil.

1. Three basic types of angry people.

A. The _____.

B. The _____.

C. The _____.

2. Seven basic truths about our anger:

A. _____ get angry.

B. Sometimes our anger is _____.

C. Sometimes our anger is not justified, or it gets blown out of _____.

D. Sometimes our anger _____ longer than it should.

E. Sometimes our anger is _____.

F. Sometimes we _____ be angry when we're not.

G. We all have a hard time _____.

3. Six common reactions to these descriptions of anger:

A. I feel _____ and discouraged.

B. I know people who have a lot _____ problem with anger than I do.

C. I've got good _____ to be angry and bitter.

D. I get angry sometimes, but I'm not an angry _____.

E. I think getting angry is exactly what's _____.

F. I hardly _____ get angry.

Conclusion:

- We all need HELP with our anger.
- ASK God to help you, because He willingly meets us in our need.
- COMMIT to work at it by the help of His grace.