

HOW TO HANDLE ANGER, PART 1

Numbers 20:1-12

One prominent Christian counselor states that anger is involved in over _____% of the cases that he sees
Anger is mentioned over _____times in the Bible and many of those texts prohibit sinful anger

I. THE ORIGIN OF HUMAN ANGER

A. Anger Is a _____ Emotion

B. Anger Functioned Positively and Rightly in the Garden Before the _____

C. Anger Was a Super-Charger that Kicked In When a _____ Appeared

1) Anger is a strong emotion because God intended it to make us _____ in order to achieve goals

2) Man fell; anger was twisted—no longer directed positively toward goals, but negatively toward _____

II. ONE WORD DESCRIPTIONS OF HUMAN ANGER

A. Anger _____

B. Anger _____

Anger is always an emotional demand that something happen or change or cease—a _____ is unmet

C. Anger _____

1) People who are angry often “destroy” what stands in the way of accomplishing their _____

2) This why anger often destroys those we _____ most—they have the ability to thwart our goals

*These first three points are true not only of human anger but also of the anger of _____ & _____

D. Anger _____

III. THE OCCASIONS OF HUMAN ANGER

A. _____

1) When a goal is thwarted, it causes frustration; to the degree the goal is thwarted we get _____

2) If the frustration is long-term or permanent, then anger may be a _____ running deep in our lives

B. _____

When we are in pain, we have an immediate goal—that the pain _____ ! If it doesn't, we get angry

C. _____

Fear happens when we are no longer in _____ and are vulnerable; we immediately demand to be back in control. When that doesn't happen, when that goal remains thwarted, _____ results

IV. THE PROBLEM OF HUMAN ANGER

A. Anger Distorts Our _____

B. Anger Distorts Our _____ of Others

C. Anger Distorts the _____ of God

V. THE PENALTIES FOR HUMAN ANGER

A. God _____, _____ and _____ Moses

B. Observations on the Consequences of Anger

1) Often anger is an _____ to our reaching the very goal that was the cause of our anger initially

2) Often anger has _____ consequences that are not undone, even after the sin is forgiven