

Fellowship Baptist Church
Pastor Layne Sumner
Sermon Series: After God's Heart
Message 10 (Apr 6, 2014)

Anger Management

(1 Samuel 25)

- 1) Access your anger by exploring its causes.
- 2) Allay your anger by delaying immediate reactions.
- 3) Assuage your anger by listening to wise voices.
- 4) Alleviate your anger by considering long-term consequences.