

“**ANGER** – One Letter Short of **DANGER!**”

Text: Psalm 37:8; Proverbs 15:18; Ecclesiastes 7:9

1. Anger _____ more Christians and makes spiritual pygmies than any other sin.

Psalm 37:8 – “Don’t get angry. Don’t be upset; it only leads to trouble.”

Proverbs 15:18 – “People with quick tempers cause trouble, but those who control their tempers stop a quarrel.”

Ecclesiastes 7:9 – “Don’t be quick to fly off the handle. Anger boomerangs. You can spot a fool by the lumps on his head.”

2. By developing our _____ on Christ and His power, we can find the resolve to lay down the “rocks of anger” rather than needing to reach for MORE of them.

Ephesians 4:26,27,31 – “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. Do not be bitter or angry or mad. Never shout angrily or say things to hurt others. Never do anything evil. ”

3. Four types of anger:
 - A. The “charcoal” or “_____” anger. This is the type of anger that comes from a desire for REVENGE.
 - B. The “_____” anger. This anger flares up quickly like a match when it is lit, but it quickly will burn out.
 - C. Provocation anger. This is when someone deliberately and with _____ provokes someone else. A person may speak evil, tell lies, slander someone’s reputation, etc.

D. _____ indignation anger. This type of anger is directed toward Satan and sin. It is possessing an anger at HOW Satan has used and tricked people into sin.

4. Here's a practical handle for everyday living: "The only way to defeat anger is to _____ letting the things that make you angry, make you angry."
5. Anger management begins with you and me. It is a _____ we make in every situation we face.
6. If we don't allow the Holy Spirit to teach us _____ to direct our anger energy in a positive and constructive manner, it will cause physical damage to our bodies.