“The Danger of Anger”

Ephesians 4:26-27

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A. If we are not careful, our anger can lead to some very ______________ situations.
B. Our angry outbursts can be what is called “________ _______” - like using a bazooka
   as a __________, or as Confucius said, “Don’t use a ________ to kill a mosquito.”
C. This reminds me of the story of ________ and Nabal, and how _________ kept him
   from an angry outburst that would have resulted in needless bloodshed. (1 Sam. 25)
D. Anger is an emotion that can cause a lot of harm and get people into a lot of
   trouble, but anger, in and of itself, isn’t ________.
E. One of the ways we know anger is always bad or wrong is because the Bible tells
   us that _______ gets ________. (Num. 14:18; Ps. 7:11; Mk. 3:5; 1 Sam. 11:6)
F. Since God is __________ and is without ________, then we must understand that
   anger in itself isn’t __________.
G. Anger is not a sin, but what you __________ _____ may become sinful.
H. God has created us with the _________ to be angry for a __________.
I. The problem with anger comes when it’s not dealt with in a __________ way or
   results in sinful _________ or __________.
J. What are some of the signs that a person may have underlying anger issues?
   1. A person may get ____________.
   2. A person may become ________-____________.
   3. A person might stay angry for _________.
   4. A person might get angry ____________ and ____________.
   5. A person might ________ others.
K. How do we properly embrace and employ anger?
   1. We need to ____________ It.
      a. It will be impossible to deal appropriately with our anger if we ________ its presence.
   2. We need to ____________ It. (Prov. 29:22; 29:11; 16:32)
      a. We must keep anger under ________ and within ________.
   3. We need to ____________ It. (James 1:19-20)
      a. Anger is usually not the real problem, but is a ________ to a problem.
      b. Emotionally healthy people strive toward _____________ and look for
         the true ________ of anger.
   4. We need to ____________ and ____________ It. (Col. 3:8; Eph. 4:26-27)
L. In the life of _____________, the Bible provides a beautiful __________ of how to
   embrace and employ the emotion of anger. (Neh. 5)