

# tough QUESTIONS

how do you handle anger?

## Two Questions:

- How do you handle anger? I know the Bible says "be angry, and sin not" but what is the difference between what Jesus did [turning tables in the temple] and what we do? How are we to know the difference?

## What is Anger?

**Anger** is a God-given \_\_\_\_\_ which indicates unresolved tension within a person's spirit.

"It is anger's \_\_\_\_\_,

forms of \_\_\_\_\_ or effects

that determine whether it is \_\_\_\_\_ or appropriate."

Charles Swindoll, **Counseling Insights**

## Four Faces of Anger

\_\_\_\_\_ – short-fused, intense blow-up.  
(Proverbs 14:17; 29:27)

\_\_\_\_\_ – anger that wants revenge.  
(Luke 6:11)

\_\_\_\_\_ – Anger that stems from a grievance.  
(Luke 15:28-30)

\_\_\_\_\_ – results of seeing someone or something of importance being mistreated.  
(Mark 3:1-6)

## How to Handle Anger

*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... Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

Ephesians 4:26-27; 31-32

Be angry... that's an \_\_\_\_\_.

Do not sin... that's a \_\_\_\_\_.

## Four Decisions You Must Make

1. Decide to deal with your anger \_\_\_\_\_.  
...do not let the sun go down while you are still angry.

2. Decide to deal with your anger \_\_\_\_\_.  
...and do not give the devil a foothold.

3. Decide to develop a \_\_\_\_\_.  
...forgiving each other, just as Christ in God forgave you.

**Forgiveness is really the only \_\_\_\_\_ to anger.**

Andy Stanley

4. Decide to respond with \_\_\_\_\_.  
...be kind and compassionate to one another.