

B. Hang out with people who **control** their anger.

“A soft answer turns away wrath, But a harsh word stirs up anger.”
Proverbs 15:18

VI. **REPLACE** YOUR BITTERNESS WITH FORGIVENESS

A. Bitter people are **angry** people.

“Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.”
Ephesians 4:31

B. **Forgive** those who hurt you.

“bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.”
Colossians 3:13

VII. **RELEASE** YOUR ANGER APPROPRIATELY

A. Be **positive**.

“Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.”
Ephesians 4:29

Attack the **problem** not the **person**.

B. Be **specific**.

“Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother.”
Matthew 18:15

Explain it this way...

“When you do _____, it makes me feel _____.”

Are You Tempted By Anger?

“No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.”

I Corinthians 10:13

TEMPTED

Tempted By Anger

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INTRODUCTION

A. Temptation can have the appearance of looking good. You take the first bite, but in a short time, it will turn around and bite you! We have all given into temptation only to find ourselves in pain.

“12 Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.

13 Let no one say when he is tempted, “I am tempted by God”; for God cannot be tempted by evil, nor does He Himself tempt anyone.

14 But each one is tempted when he is drawn away by his own desires and enticed.

15 Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.

16 Do not be deceived, my beloved brethren.”

James 1:12-16

B. In this series, come and find hope and relief in dealing with these topics of temptation!

Feb 10	Tempted By Sex
Feb 17	Tempted By Relationships
TODAY	Tempted By Anger
Mar 3	Tempted By Shopping
Mar 10	Tempted By Substance Abuse
Mar 17	Tempted By Food
Mar 24	Tempted By Pride

What’s hidden in the dark is never good!

C. **Text:** Proverbs 14:29 (Pew Bible/Pg.599/Old Test.)

WHAT TO DO WHEN TEMPTED BY ANGER

I. RESOLVE TO MANAGE YOUR ANGER

A. Don't...

1. ...say you can't control it.

"I can do all things through Christ who strengthens me." Philippians 4:13

2. ...make excuses for why you can't manage your anger.

"He who justifies the wicked, and he who condemns the just, Both of them alike are an abomination to the LORD." Proverbs 17:15

B. Do confess and forsake it.

"He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy." Proverbs 28:13

II. RECEIVE JESUS CHRIST TO HELP YOU

- #### A. Worldly counsel says to "ventilate your anger." This method says that you can get rid of your anger by letting it all out. The problem with this idea is that you don't have a set amount of anger. Rather, you have a factory.

"Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members?" James 4:1

- #### B. Jesus helps you with anger by dealing with the root cause, which is your flesh.

"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new." II Corinthians 5:17

III. REALIZE THE COST OF ANGER

- #### A. Angry people pay a price.

"An angry man stirs up strife, And a furious man abounds in transgression." Proverbs 29:22

B. Anger will shatter your...

1. ...home.

Our homes should be a training ground to properly teach our children how to handle anger.

2. ...health.

Angry people develop physical problems.

3. ...happiness.

Anger robs you of happiness.

Bottom Line: When you lose your temper, you lose.

IV. REFLECT BEFORE REACTING IN ANGER

- #### A. You will almost always say the wrong thing when you don't first stop and think.

"A quick-tempered man acts foolishly,..." Proverbs 14:17a

"A fool vents all his feelings, But a wise man holds them back." Proverbs 29:11

- #### B. Instead of getting angry, stop and...

1. ...quote Scripture:

"Your word I have hidden in my heart, That I might not sin against You." Psalm 119:11

2. ... stop and ask two questions:

- Will getting angry change this situation?
- Is it really worth being upset about this situation?

V. RELATE TO PEOPLE WHO PROPERLY HANDLE ANGER

- #### A. Anger is contagious.

"Make no friendship with an angry man, And with a furious man do not go, Lest you learn his ways And set a snare for your soul." Proverbs 22:24-25