

# How to Handle our Anger

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## I. Introduction.

A. Text: Ephesians 4:26.

B. Anger began with the first family. (Genesis 4)

## II. Types of anger.

A. Rage, which is uncontrolled anger.

B. Resentment, which is frozen rage. Both rage and resentment are dangerous. (Proverbs 22:4)

C. Indignation, which is the exercise of emotions towards some evil. Indignation can be used for benefit or damage.

1. Righteous indignation is anger over what has happened to someone else.

2. Righteous anger is not anger over something that has happened to us.

## III. Reasons we get angry.

A. Pain.

B. Rejection.

C. Circumstances.

## IV. The effects of anger.

A. A person may be angry by his very nature or character.

B. Whatever the reason for anger, it always takes its toll.

C. God does not create a person with a short fuse.

D. To hold off anger willfully is to sabotage one's own life.

E. A person who is angry reaps his vengeance on others.

F. Anger can express itself in depression.

G. Anger is destructive.

## V. Be angry yet do not sin.

A. A person must acknowledge that he is angry. A person can have feelings of anger without sinning if he acknowledges it.

B. One must identify the cause of the anger.

C. One must not sin.

D. Deal with anger quickly.

1. If we do not deal with our anger quickly, the devil takes advantage.

2. Failure to forgive is a disaster.

E. One must forgive.

1. One cannot be right with God if he has an unforgiving spirit.

2. Hurt is anger, and it must be dealt with.

F. He must seek to learn the lesson God wants to teach him.

G. He must purpose in his heart not to let it happen again.

**Application questions:**

1. What are the different kinds of anger? Which ones are always bad?

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2. How have you seen anger have a negative effect on someone?

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3. Is there someone in your life that you have failed to forgive? Spend some time in reflection, and give this issue over to God in prayer.

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