

THE WEIGHT OF YOUR WORDS Pt. 5

“Dealing With Anger”

Ephesians 4:26-27

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February 19, 2017

1. THE PERSONAL _____ OF OUR ANGER. (V. 26)
2. THE POSSIBLE _____ OF OUR ANGER. (V. 26)
3. THE PROMPT _____ TO OUR ANGER. (V. 26)
4. THE PRACTICAL _____ TO DEAL WITH OUR ANGER. (V.27)

CHAPTER 9: DEFUSING ANGER

- Anger takes over when patience runs out and often vents itself in _____ words. (97)
- Anger is like a _____ that continues to grow and spread. (98)
- Anger becomes a _____ with far-reaching effects when it vents itself through words (98)
- Some people have let their anger go _____ for so long that it is deeply ingrained in them. (98)
- Anger is a _____ emotion to alert us and help us know right from wrong. (99)
- A growing believer must learn to separate anger from the _____ that often accompany it. (99)
- James (1:19) urges us to be “_____”. (100)
- 5 Things can _____ us be slow to anger. (See pp. 100-101)
- Lingering anger turns into the self-destructive sins of _____ . (102)
- Many _____ sins arise from residual anger. (See 102)
- Patiently _____ anger will guard us from sin. (103)

- Often a _____ at the onset of anger will result in silence rather than sinful words. (103)

CHAPTER 10: PATIENCE APPLIED

- Anger is like an alarm. It alerts us so we can respond _____. (107)
- God expects us to start each day _____, with no unresolved anger from the previous day. (108)
- If we don't rid ourselves of anger, we can damage our own _____ and harm those who are _____ of our anger. (108)
- Unrestrained anger has a way of _____ itself in ways far worse than we might imagine. (108)
- People who frequently _____ anger become like time bombs waiting to explode. (109)
- Studies reveal that people who express anger through _____, tend to become more angry, not less. (109)
- We should not _____ our anger, and we should not _____ vent our anger. (109)
- Anger can make us _____ to the one whom our anger is focused on. (109)
- Intense _____ often progress through 5 stages. (See pp. 110-111)
- Psalm 37 provides 5 ways to _____ respond to our anger. (See pp. 111-113)
- Successfully dealing with anger requires not only _____ the matter to God, but also taking positive action toward the _____ of our action. (114)
- There are at least 5 ways to _____ with our offenders. (See 115)
- Patience is a virtue that _____ the angry tongue. (117)