

Living in the Power of His Resurrection #8

“Overcoming Anger”

selected Scriptures

Anger Defined

“Anger is a strong e_____ of irritation or agitation that occurs when a n_____ or expectation is not met.”

Ephesians 4:26 - “In your anger do not s____. Do not let the sun go down while you are still a_____.”

Three primary causes of anger are f_____ when things don’t go according to plan; h_____ when people look down on us; and the r_____ of others.

Anger often arises from our s____ nature which is self-centered.

Anger Displayed

Anger is often displayed outwardly in our a_____.

Anger affects us inwardly by causing s_____.

When stress becomes constant, adrenaline wears on our b_____.

“Anger is an a_____ that can do more harm to the vessel in which it is stored than to the person on whom it is poured.”

Anger Defeated

Ephesians 4:25-32 - We must replace the b_____ with g_____.

Proverbs 15:1 - “A g_____ answer turns away wrath...”

Matthew 5:5 - “Blessed are the g_____ for they shall inherit the earth.”

Matthew 11:29 - Jesus described Himself as h_____ and g_____.

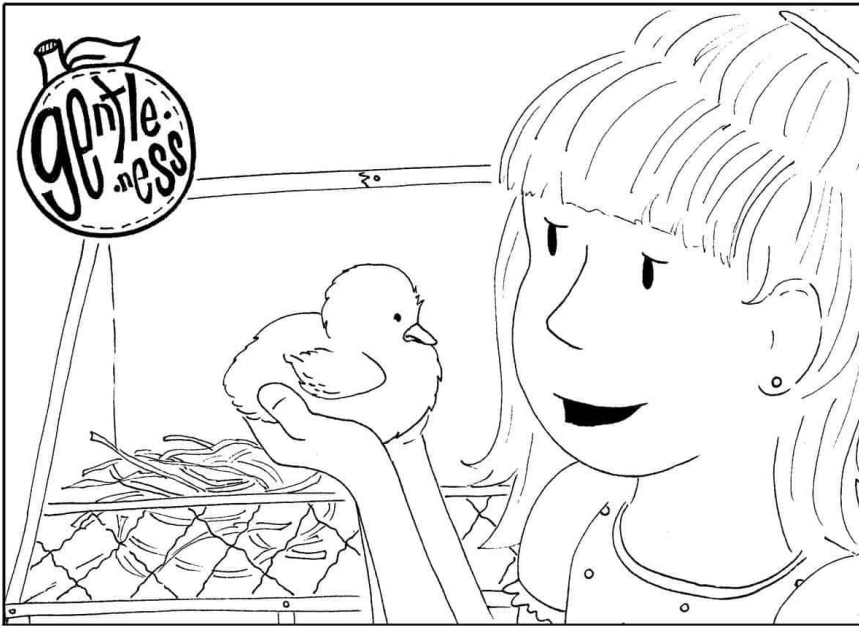
James 1:19-20 - “Be quick to l_____, slow to s_____ and slow to become a_____.”

Word Search - Ephesians 4:25-32

D H D L E S D O O H E S L A F G U
T Y Y U H T G T E C I L A M N F S
I T R T A S A A R Y R A Y I R O E
E Y U G D S S N W U T E L I S R F
N O A K N Y D E O C T W G H T G U
M Y O N R A V N N I A H W N E A L
A B E N E F I T A R S F F K A V R
S S L A N D E R B H E S O U L E T
U N W H O L E S O M E T A R L F D
U H E L P F U L F R C G T P M L P
G N I D L I U B E P M K A I M U Y
M F G G R I E V E C S Y S R B O S
U B D O W N F O R G I V I N G D C
S L I V E D T R O B H G I E N W O
T T A L K O D L O H T O O F R R B
T D E L A E S H W N E T S I L U W
F Y V N M G N I H T E M O S B L A

ANGER	FORGAVE	RAGE
ANGRY	FORGIVING	SEALED
BENEFIT	FORM	SLANDER
BITTERNESS	GRIEVE	SOMETHING
BRAWLING	HANDS	STEAL
BUILDING	HELPFUL	TALK
COMPASSIONATE	LISTEN	TRUTHFULLY
DEVIL	MALICE	UNWHOLESOME
DOWN	MOUTHS	USEFUL
FALSEHOOD	MUST	
FOOTHOLD	NEIGHBOR	

Be Gentle



"Blessed are the gentle,
for they shall inherit the earth."
(Matthew 5:5)

Overcoming Anger



*A gentle answer turns away wrath,
but a harsh word stirs up anger.*
(Proverbs 15:1)