

# "...THE ANGER TRANSFORMATION..."

Scott Mathis ♦ 6.14.20

"Human anger does not produce the righteousness God desires." –James 1:20 NLT

**Anger**—Latin="to strangle"; Strong emotional reaction of displeasure, often leading to plans for revenge or punishment; fear, frustration, and stress as a result of blocked/hurt feelings and/or blocked selfish desires...

## A. Why am I angry ?

1. My \_\_\_\_\_ is still in me! Gal. 5:19-21
2. I want to be in \_\_\_\_\_. Rom. 11:33-36
3. Learned \_\_\_\_\_ from my family of \_\_\_\_\_. Exod. 20:4-6
4. I worship \_\_\_\_\_ more than the \_\_\_\_\_. James 4:1-2
5. \_\_\_\_\_. Col. 3:13
6. \_\_\_\_\_ abuse. Prov. 20:1; 23:29-30
7. I think it \_\_\_\_\_! Prov. 19:19
8. \_\_\_\_\_. James 1:21

## B. What are the consequences of my unholy anger ?

1. I'm a \_\_\_\_\_. Prov. 29:11
2. Anger always leads to more \_\_\_\_\_. Prov. 10:12; 19:19; 30:33
3. It \_\_\_\_\_ with God & people. Prov. 29:22
4. It leads to \_\_\_\_\_. Ps. 37:8
5. It leads to \_\_\_\_\_ decisions. Prov. 14:17

## C. How do I grow out of my unholy anger ?

1. Agree with God that it's \_\_\_\_\_ ! 1 John 1:9
2. \_\_\_\_\_. Col. 3:13
3. Recognize it lets \_\_\_\_\_ influence me. Eph. 4:26-27
4. Quit worshipping the \_\_\_\_\_ . James 4:1-2
5. \_\_\_\_\_ your life. 1 Thess. 4:11; Matt. 11:28-30
6. \_\_\_\_\_. 1 Cor. 9:24-27
7. \_\_\_\_\_. Prov. 23:2, 20-21
8. Christian \_\_\_\_\_. Heb. 10:24-25
9. My \_\_\_\_\_ is my \_\_\_\_\_. Phil. 4:8-9
10. \_\_\_\_\_ is the \_\_\_\_\_. Col. 3:8
11. \_\_\_\_\_! \_\_\_\_\_! Rom. 5:21

## TALK IT OVER

Keep growing in your relationship with Jesus: Take the message with you into your week. Talk it over with your friends, coworkers, family, or Grow Group (most groups on break for the summer). More ideas at [npberean.org/group-resources](http://npberean.org/group-resources).

- ♦ What is God showing me about Himself? How is He challenging me to be more like Jesus? What's my next step?
- ♦ How have I experienced God's love recently? How can I share His love with someone this week? Where do I see the enemy working to cause division and discord, and how does God's love encourage and empower me to seek peace instead?

**Sermon text next Sunday:** Revelation 2:8-11