

# **VICTORY IN CHRIST**

## **CHRIST GIVES US VICTORY OVER ANGER**

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*"The fool who provokes his family to anger and resentment will finally have nothing left..."*  
**Proverbs 11:29 (LB)**

### **WHAT TO DO WHEN I AM ANGRY**

**I. I MUST \_\_\_\_\_ MY ANGER.**

*"Stop lying to each other; tell the truth... when we lie to each other we are hurting ourselves. If you are angry, don't sin by nursing your grudge."* **Ephesians 4:25-26 (LB)**

**II. I MUST \_\_\_\_\_ MY ANGER.**

**MEMORY VERSE:** *People with understanding control their anger; a hot temper shows great foolishness.*  
**Proverbs 14:29 (NLT)**

## WHY AM I ANGRY?

### 3 CAUSES OF ANGER

1. We get angry when we are \_\_\_\_\_ .
2. We get angry when we are \_\_\_\_\_ .
3. We get angry when we feel \_\_\_\_\_ .

### III. I MUST DEAL \_\_\_\_\_ WITH MY ANGER.

*"If you become angry, do not let your anger lead you into sin, and do not stay angry all day. Don't give the Devil a chance."* **Ephesians 4:26–27 (GNB)**

*"You are only hurting yourself with your anger. Will the earth be deserted because you are angry? Will God move mountains to satisfy you?"* **Job 18:4 (GNB)**

### IV. I MUST LEARN TO \_\_\_\_\_ MY ANGER.

*"Foolish people lose their tempers, but wise people control theirs."* **Proverbs 29:11 (NCV)**

#### 1. WE MUST \_\_\_\_\_ THE \_\_\_\_\_ .

*"A hot-tempered man starts fights and gets into all kinds of trouble."* **Proverbs 29:22 (LB)**

*"People with a hot temper do foolish things; wiser people remain calm."*  
**Proverbs 14:17 (GNB)**

#### 2. WE MUST \_\_\_\_\_ BEFORE \_\_\_\_\_ .

*"... be quick to listen, slow to speak, and slow to become angry."* **James 1:19 (NIV)**

**ASK MYSELF:**

\* **Why am I angry?**

\* **What do I really want out of this encounter?**

\* **How can I best get it?**

**3. WE MUST \_\_\_\_\_ MY ANGER \_\_\_\_\_.**

*"Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you."*

**Ephesians 4:29 (GNB)**

**4. WE MUST \_\_\_\_\_ ON \_\_\_\_\_.**

*"These things that were written in the Scriptures so long ago are to teach us patience and to encourage us so that we will look forward expectantly to the time when God will conquer sin and death." **Romans 15:4 (LB)***

*"May God who gives patience, steadiness, and encouragement help you to live in complete harmony with each other—each with the attitude of Christ toward the other."*

**Romans 15:5 (LB)**

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**VICTORY IN CHRIST: Christ Gives Us Victory Over DEPRESSION**