

ANGER MANAGEMENT 201

Reference: **Ephesians 4:26-27** and **31-32**

Pastor Larry Webb

There are two basic classifications of anger:

- The **first classification** is anger **minus** sin i.e. a sinless anger, a righteous anger or a righteous indignation.
verse twenty-six (see screen)

Definition: Anger minus sin (sinless anger) occurs when someone is angered because God is **defamed** in a direct sense through His _____ or He is defamed in an indirect sense through disregarding His _____ (i.e. what He has said).

- The **second classification** is anger that _____ sin i.e. a sinful anger, an unrighteous anger or an unrighteous indignation.

Someone's anger can be released in two different ways:

One is that some people _____, meaning that the energies from anger are **released externally** toward someone or toward something.

Two is that some people _____, meaning that the energies from anger are **released internally** toward ones-self.

Two Basic Steps to Anger Management:

STEP ONE is, "don't _____ it and _____ it."

Reference: **Proverbs 29:11** (see screen)

verses twenty-six and **twenty-seven** (see screen)

Someone's anger is the result of three causes:

- Someone is _____.
- Someone is _____.

Principle: High _____ people tend to be high _____ people.

Reference: **Proverbs 17:22** (see screen)

- Someone is _____.

STEP TWO is, "but _____ it and then _____ it."

verse thirty-one (see screen)

6 words related to anger that we are to curse and categorically reject:

- Bitterness – _____, a grudge-filled attitude
- Wrath - severe passionate _____
- Anger - different forms of _____
- Clamor - a loud _____ from anger
- Evil Speaking - ongoing _____ from bitterness
- Malice - a desire to cause someone _____

verse thirty-two (see screen)

There are three assignments in this verse that together can help us reverse that anger.

The **first** assignment is to be _____.

verse thirty two, "*And be **kind** to one another...*"

In the Greek language the root word that our English word kind is derived from means "_____."

The **second** assignment is to be _____.

verse thirty two continued, "...*tenderhearted* (compassionate)..."

The third assignment is to be _____.

verse thirty two continued "...*forgiving one another even as God in Christ forgave you*"

Most of us have heard that we are to **forgive** and then to **forget**.

On the surface that seems impossible to do; but, in this case to **forget** technically means to _____.

To **forgive** and then **forget** means that if someone's sin or offense against us comes to mind then we are to instantly **remember** that we have _____ them!

Four biblical problems in cancel culture:

One... cancel culture is _____.

Reference: **Proverbs 18:13** (see screen)

Two...cancel culture is _____.

Reference: **Colossians 4:6** (see screen)

Three...cancel culture is _____.

Reference: **Matthew 7:1** (see screen)

Four...cancel culture is _____.

Reference: **Colossians 3:13** (see screen)

Cancel culture and Christianity are completely _____.