



## Identifying Sinful anger

1. It is a \_\_\_\_\_ of the \_\_\_\_\_ (Galatians 5:19-20)
2. Anger is \_\_\_\_\_ to the human heart (Genesis 6:5; Matthew 15:18-19).
3. Anger always involves \_\_\_\_\_ and \_\_\_\_\_ (Proverbs 4:23; Ephesians 4:17-18).
4. Anger is caused by not being able to attain our \_\_\_\_\_ and/or \_\_\_\_\_ (James 4:1-3).
5. Anger never accomplishes God's \_\_\_\_\_ (Proverbs 11:23; James 1:20).
6. Anger sometimes points to something good and right that should be done about a problem instead (Psalm 119: 4, 9, 15, 16; Proverbs 14:8).
7. Anger is expressed in our \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, speech, and actions (Psalm 19:14; Romans 6:12-13).
8. Anger involves a lack of \_\_\_\_\_ - \_\_\_\_\_ (Proverbs 17:27; 25:8; 29:11).
9. Anger is always accompanied by \_\_\_\_\_ when it is tolerated (Proverbs 29:22).
10. If not dealt with, anger will turn into something \_\_\_\_\_ (Job 4:8; Ezekiel 18:30).

## Examination (Psalms 139:23-24)

1. Is there anyone I am presently angry with?
2. What am I angry with them about?
3. How have I dealt with and responded to that person (or those persons)?
4. What do I typically do when I am angry? How might God be trying to reveal an anger problem to me?
5. What have been some results of my anger?
6. Do others see me as a critical or impatient person?
7. When were the last five times I was angry?
8. What was my thinking at the time?
9. What kinds of things provoke me to anger?
10. Do I need to keep track in the next few weeks of when and why I become angry?
11. How many of these situations are precipitated by something else I am doing wrong?

## Transformation

### Before - Before anger hits again (not always in this order)

1. Review daily the \_\_\_\_\_
2. \_\_\_\_\_ past sins of anger to God and others (Matthew 5:23-24).
3. \_\_\_\_\_ for God's help/grace (2 Corinthians 9:8).
4. Work on a \_\_\_\_\_ on Pride and Anger.
5. Work on a Bible Study on \_\_\_\_\_ and \_\_\_\_\_
6. Write out the biblical thoughts to \_\_\_\_\_ wrong thoughts (Romans 12:2).
7. \_\_\_\_\_ appropriate verses (Ephesians 4:23).
8. Seek to put on \_\_\_\_\_ and \_\_\_\_\_ thoughts and actions (John 13:35; 1 Corinthians 13:4-7; 1 Peter 5:5).
9. \_\_\_\_\_ a \_\_\_\_\_ of times and ways you can show love and humility
10. Determine godly desires and goals to be fixed upon – wanting to love God and others (Psalm 40:8; 1 Corinthians 10:31)
11. Study God's \_\_\_\_\_ and \_\_\_\_\_ - \_\_\_\_\_ (Numbers 14:18; Psalm 145:8; 2 Timothy 2:15).
12. Be \_\_\_\_\_, \_\_\_\_\_ to exercise self-control and to change your thinking. Watch out for the situations and thoughts you have discovered. Make a concise list of each one (1 Peter 1:13).
13. Ask others to hold you \_\_\_\_\_ for your anger (Galatians 6:1-2; Hebrews 10:24-25).

### During - At the time you are tempted to become angry or are beginning to become angry

1. \_\_\_\_\_ for God's help and remind yourself of living for God's glory (Hebrews 4:16; 1 Cor 10:31; 2 Cor 5:9)
2. Putting off being angry (Proverbs 14:17)
  - a. Ask yourself, "What is it I am \_\_\_\_\_ so badly?"
  - b. Ask yourself, "What am I \_\_\_\_\_ that is wrong?"
3. Putting on gentleness, patience, and humility (Proverbs 16:32; James 1:19)
  - a. Ask yourself, "What should I be \_\_\_\_\_?"
  - b. Ask yourself, "What is the right \_\_\_\_\_?"
  - c. Ask yourself, "How can I be \_\_\_\_\_ and think of \_\_\_\_\_?"
  - d. Ask yourself, "What do God and others \_\_\_\_\_?" and "How can I \_\_\_\_\_ them?"
  - e. Ask yourself, "Is there something right that \_\_\_ should \_\_\_ about the problem or issue?"

### After - If you fail and become sinfully angry

1. Ask yourself, "How did I \_\_\_\_\_?" Be specific.
2. Reflect on the \_\_\_\_\_ truths of your \_\_\_\_\_ in Christ (1 Jn 1:9) and the grace to repent and the faith to believe (keep growing)
3. Ask yourself, "If I had this to do over again, what should I \_\_\_\_\_ and \_\_\_\_\_ differently?"
4. Take care of your sin of anger as \_\_\_\_\_ as \_\_\_\_\_ (Ephesians 4:26).
5. \_\_\_\_\_ and ask \_\_\_\_\_ of God and anyone else who may have been aware of or the recipient of our sinful anger. (Psalm 32:5; James 5:16).
6. Tell God and others what you \_\_\_\_\_ to \_\_\_\_\_ in the \_\_\_\_\_ instead of becoming sinfully angry (Psalm 119:59-60).
7. Be \_\_\_\_\_ once again (Eph 4:26, 27; 1 Peter 5:8).