

## Overcoming Anger

I. Anger is not sin, but we usually sin when we act out of anger (James 1:19-20; Eph. 4:26-27)

<sup>19</sup> ***This* you know, my beloved brethren. But everyone must be quick to hear, slow to speak *and* slow to anger;**  
<sup>20</sup> **for the anger of man does not achieve the righteousness of God.** James 1:19-20 (NASB)

<sup>26</sup> **BE ANGRY, AND *yet* DO NOT SIN; do not let the sun go down on your anger, <sup>27</sup> and do not give the devil an opportunity.** Ephesians 4:26-27 (NASB)

II. What causes anger?

A. Much anger begins with a broken expectation or a violated right.

B. Hurt or rejection

III. Steps to overcoming anger.

A. \_\_\_\_\_ and \_\_\_\_\_ your anger.

B. Get rid of your anger.

1. \_\_\_\_\_ your anger in an appropriate way.

2. \_\_\_\_\_ the one who offended you.

<sup>31</sup> **Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.**

<sup>32</sup> **Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.**

Ephesians 4:31-32 (NASB)

C. \_\_\_\_\_ the power and grace of God.

<sup>32</sup> **He who is slow to anger is better than the mighty, and he who rules his spirit, than he who captures a city.**

Proverbs 16:32 (NASB)