

Long-Term Goal #2: \_\_\_\_\_ the cause.

Ask yourself, "What am I going to \_\_\_\_\_ about it?"

1. \_\_\_\_\_ it if you can.
2. \_\_\_\_\_ it \_\_\_\_\_ if you can't.
3. Make things \_\_\_\_\_.

"Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you."  
(James 1:21)

### Forgiving Serious Wrongs

We must \_\_\_\_\_ it and \_\_\_\_\_.

Draw the strength to forgive from Christ's \_\_\_\_\_.

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." (Ephesians 4:32)

Forgiveness is not \_\_\_\_\_.

It is giving up the \_\_\_\_\_ to hurt you for hurting me.



## Deal with Anger

**Scripture: James 1:19-21**

Anger is a \_\_\_\_\_ - \_\_\_\_\_ emotion

Emotions are bodily sign-posts that tell us to \_\_\_\_\_  
\_\_\_\_\_.

They are learned responses that have to be \_\_\_\_\_ to  
a standard.

## The Bible and Anger

The Bible never \_\_\_\_\_ responding in anger

- Proverbs 29:22
- Matthew 5:21-22
- Ephesians 4:31

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“Human anger does not produce the righteousness that God desires.” James 1:20

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## The De-formations of Anger

- **When we do not get angry at \_\_\_\_\_.**
- **When we ARE angry at the wrong things:**
  - \_\_\_\_\_
  - When we don't get our way.
  - Just because someone else is \_\_\_\_\_. (Prov 15:1)
  - Using anger as a \_\_\_\_\_ skill.

Most of our deformed anger comes from selfishness or lack of \_\_\_\_\_.

- **When we're eager to \_\_\_\_\_ or are too easily \_\_\_\_\_.**

We fight for justice and righteousness by holding unswervingly to the \_\_\_\_\_ of \_\_\_\_\_.

- Committed to both \_\_\_\_\_ and \_\_\_\_\_.
- We have \_\_\_\_\_ as the goal.

- **Our actions are \_\_\_\_\_ to the wrong being done.**

## Anger Driving School

**Short-Term Goal: Do no \_\_\_\_\_.**

“Everyone should be...slow to speak and slow to become angry.”  
(vs. 19)

### What we do with unexamined anger:

1. \_\_\_\_\_ it—damages relationships by hurting others.
2. \_\_\_\_\_ it—damages relationships by changing us.

**Long-term Goal #1: \_\_\_\_\_ our anger to Christ.**

\_\_\_\_\_ it.

“Everyone should be quick to listen.” (vs. 19)

### Listen to:

1. The other \_\_\_\_\_.
2. Your \_\_\_\_\_.
  - If other people can \_\_\_\_\_ you angry, they have too much power over you.
  - What \_\_\_\_\_ is causing my anger?
  - Changing your narrative will \_\_\_\_\_ your anger.
3. \_\_\_\_\_