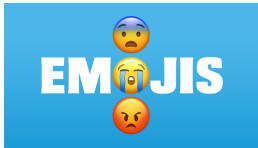


MARINERS CHURCH



Anger: Taming My Temper

September 6, 2020

I get angry because of...

Things.

People.

An angry person stirs up conflict, and a hot-tempered person commits many sins. Proverbs 29:22

Myself.

God.

*But now you must rid yourselves of all such things as these: **anger**, rage, malice, slander..." Colossians 3:8*

How can I get rid of the anger in my life?

REFLECT before I REACT.

My dear brothers and sisters, be quick to listen, slow to speak, and slow to get angry. James 1:19

A stupid man gives free reign to his anger but a wise man waits and lets it grow cool. Proverbs 29:11

A man's wisdom gives him patience. Proverbs 19:11

Know the difference between the REAL and the IDEAL.

I'M NOT IDEAL.

I am sold as a slave to sin. Romans 7:14

YOU ARE NOT IDEAL:

Indeed, there is no one on earth who is righteous, no one who does what is right and never sins. Ecclesiastes 7:20

THIS WORLD IS NOT IDEAL

For creation was subjected to. frustration. Romans 8:20



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RESPOND-- the right way.

In your anger, do not sin. Do not let the sun go down while you are still angry. Ephesians 4:26

You're only hurting yourself with your anger. Job. 18:4

The right way: **Confess it.**

Rely on God's Control

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." –Jesus (John 16:33)

Let the peace of Christ rule in your hearts. Colossians 3:15

What this means is that those who become Christians become new persons. They are not the same anymore, for the old life is gone. A new life has begun! 2 Corinthians 5:17

For your LifeGroup and Accountability Time...

Share a time when you got angry at something silly. What kinds of things really get under your skin?

Read John 2:14-22. How come it seemed OK for Jesus to get angry?

When is it ever good for us to get angry?

What is the best way to display anger?

Read Romans 12:17-21. How does that work out when injustices are done to you? How about in society?

Why do people get angry at God? How could you help them work through that?