

“BREAKING FREE FROM ANGER”

Introduction: Shot guns give _____.

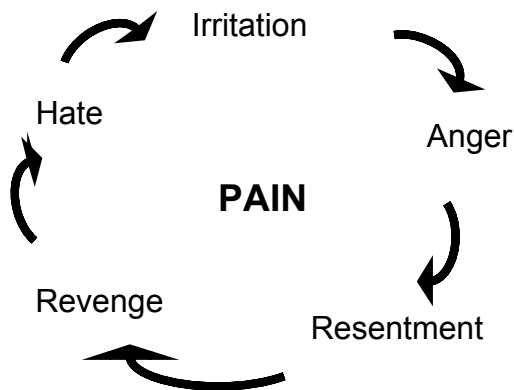
Ephesians 4:26-27 (ESV) “Be angry and do not sin; but do not let the sun go down on your anger, and give no opportunity to the devil.”

1. Be _____ and do not sin.

Psalm 4:4 (ESV) “Be angry and do not sin.”

Ephesians 4:26-27 (The Message) “Go ahead and be angry. You do well to be angry – but don’t use your anger as fuel for revenge. And don’t stay angry. Don’t go to bed angry. Don’t give the devil that kind of foothold in your life.”

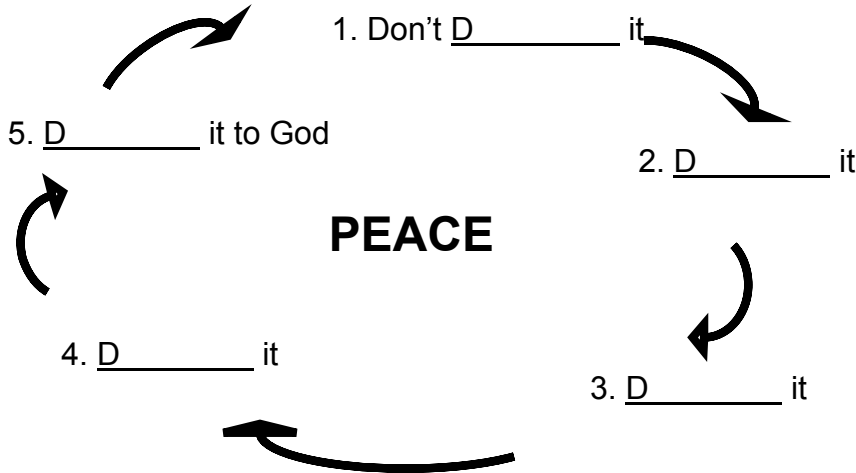
- Anger shows you have _____.
- 2. Do not let the sun _____ on your anger.
 - “BUT” means you must _____ with your anger
- 3. Give no _____ to the devil.
 - Do sin: the character of the _____ is reproduced
 - Don’t sin: the character of _____ is reproduced



THE DEVIL IS REPRODUCED

James 1:20 (NIV) "... anger does not bring about the righteous life that God desires."

JESUS IS REPRODUCED



FIVE STEPS TO BREAK FREE FROM ANGER

1. Don't deny it because anger is _____.
2. Do delay it because that requires _____.

Proverbs 16:32 (NCV) "Patience is better than strength. Controlling your temper is better than capturing a city."

- "I could be _____."
3. Do define it because anger is a _____ emotion.
 - Scenario One: _____
 - Scenario Two: _____
 - Scenario Three: _____
 4. Do defuse it in order to choose _____.
 5. Do deliver it to _____.
 - Be a _____ for peace and not pain.