



“Anger Is Not Your Friend”

James 1:19-21

I. Spiritual wisdom in trials involves a mature reserve that is _____ to _____ and eager to listen (1:19).

Proverbs 10:19-21

II. When God works through trials in your life, a spirit of _____ on your part will not build others up in _____ (1:20).

Ephesians 4:26-27; James 3:17-18

III. Your focus in times of trial is to be _____, identifying and repenting from sinful behaviors and welcoming instruction from the word of God.

Colossians 3:8-10; Romans 3:23



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