

## **The Battle for Our Emotions “Controlling Anger”**

### **PERSONAL APPLICATION**

Review the main lesson outline briefly

1. How do you normally respond to anger? Why do you think you respond that way?
2. What could you do different to help control your anger? How will you begin putting that into your life today?

### **PRIVATE MEDITATION**

Read the Scripture and identify 1 thought to take with you for that day  
Write down your daily thought under each day

**Monday** – James 1:19-20

*Thought:*

**Tuesday** – James 1:21

*Thought:*

**Wednesday** – James 1:22-25

*Thought:*

**Thursday** – Ecclesiastes 7:9

*Thought:*

**Friday** – Genesis 4:4-7 (Cain); 45:4-8 (Joseph)

*Thought:*

**Saturday** – Galatians 5: 19-26

**Sunday** – “*Envy & Jealousy*”

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# **The Battle for Our Emotions** *How to keep from becoming an emotional wreck!*



## **“Controlling Anger”**

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**James 1:19-25**

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**NOTES**

- I. Understand My Nature – James 1:14**
  - A. Misinterpret situations – Proverbs 18:13
  - B. Assume without knowing all the facts – Proverbs 14:8, 15
  - C. Make mistakes in judgment – Proverbs 18:1
  - D. React with revenge in mind – Proverbs 24:29, 29:22
  - E. Look at things from a selfish perspective – Proverbs 18:1
  - F. To allow our anger to control us – Proverbs 25:28, 29:11
  
- II. Three Possible Responses to Anger**
  - A. “Blow Up” – external response
  - B. “Clam Up” – internal response
  - C. “Listen Up” – Biblical response
  
- III. The Secret of Control**
  - A. The key to controlling anger is what we do when anger enters our heart!
  - B. The two key ingredients in overcoming anger
    - 1. Forgiveness
    - 2. Love
  
- IV. Steps to Controlling Anger – James 1:19-25**
  - A. Step back – “Ready to listen”
  - B. Be quiet – “slow to speak”
  - C. Stay controlled – “slow to become angry”
  - D. Recognize & resist temptation – “get rid of moral filth & evil”
  - E. Do right – “accept & obey God’s word”