

BUILDING GREAT RELATIONSHIPS!

Abolishing Anger

Ephesians 4:29-32 & Various Scriptures Pastor Mel Svendsen
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Bottom Line:

One of the most destructive forces which undermines relationships is self-centered, unhealthy anger which is fueled by bitterness and does not reflect the presence of Christ in our lives.

1. I am called to speak words that _____ others up!
Ephesians 4:29-30

A. Destructive/hateful words work _____ the Holy Spirit.

B. Destructive/hateful words ignore our _____.

2. I am commanded to _____ all forms of _____
in my life! Ephesians 4:31

Righteous Indignation:

Feelings of anger in response to injustices/attacks committed against others with the goal of a just and fair response/correction.

Sinful Anger:

Intense negative emotional response to perceived injustices against me that highlight the faults of others, minimizing any responsibility I may have, and is often accompanied by feelings of hatred, bitterness, and revenge.

3. I am compelled to fill my relationships with the _____ of Christ! Ephesians 4:32



Now What? Steps to overcome anger:

1. _____ your anger (sin).

2. Submit your will to God's plan. Romans 12:2

3. Immediately recognize your _____ to avoid responding in anger. 1 Corinthians 10:13

4. Confront the issue determined to exercise Spirit-control. Romans 8:5

5. Focus on the _____ to the problem not attacking the person. Ephesians 4:32