

HOW TO HANDLE ANGER

Numbers 20:1-12

Anger is an emotional _____. Originally anger was _____ to enable us to achieve goals
Anger was perverted by the _____; now we tend to direct it destructively toward _____

I. THE ROOTS OF ANGER

A. _____ *Numbers 20:12*

1) Anger Is Rooted in Failure to Believe 3 Truths about God

- a) Moses failed to believe that God was _____ of his problems with Israel
- b) Moses failed to believe that God was _____ about his problems with Israel
Moses failed to sanctify God—to treat Him as unique, as different than men, different than _____
- c) Moses failed to believe that God was _____ of doing anything his problems with Israel

2) Anger Can Be Handled by 3 Steps *Psalms 37:7-8*

- a) Study to know the _____ about God (in order to sanctify God in our hearts)
- b) Take anger to _____ : recognize it, confess that it is sin and forsake it
- c) Resolve anger in the _____ of God: confess that God is conscious, concerned and capable
“Wait patiently” (v. 7) indicates that waiting on God in this situation may mean tension or _____

B. _____

1) Biblically, What Is the Truth about Our Rights?

- a) The only thing that we have a right to as sinners is eternal _____ : anything more is gravy!
- b) Our rights were purchased by Jesus at the price of His _____ : He may choose to withdraw them

2) How Do We Handle Anger over Our Rights?

- a) Ask: what _____ am I demanding?
- b) Confess that these rights belong to _____, that we have no rights of our own
- c) Deliberately put these rights back in the hands of the Lord Jesus by means of _____

II. THE FRUIT OF ANGER

A. We Can _____ Up

Directing the energy of anger toward another may make us feel better, but it _____ the other person

B. We Can _____ Up

- 1) When we direct the energy of anger _____ it can cause problems like ulcers or panic attacks
- 2) Those who handle anger in this way often hold on to their anger and are in danger of _____

C. We Can _____ Up

- 1) Eph. 4:29 counsels us not to destroy people with our rotten words, but rather to speak what is good for edification—words that build up and meet the _____ of the moment
- 2) In order to obey this verse we must learn to _____ the chain reaction of anger to think/pray