

## American Idols

(James 4:7-10 NLT) *So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands...purify your hearts, for your loyalty is divided between God and the world. Let there be tears for what you have done. Let there be sadness instead of laughter, and gloom instead of joy. Humble yourselves before the Lord, and he will lift you up in honor.*

## ANGER DANGER

- ✓ Anger is \_\_\_\_\_
- ✓ Anger is physically \_\_\_\_\_

## How We Handle Anger

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

(1 Timothy 4:16 NLT) *Keep a close watch on how you live...*

## 4 Analogies of Anger

- ✓ The \_\_\_\_\_

(Ephesians 4:26 NLT) *And don't sin by letting anger control you.*

- ✓ The \_\_\_\_\_

(Ephesians 4:26 NLT) *Don't let the sun go down while you are still angry,*

- ✓ The \_\_\_\_\_

(Ephesians 4:27 NLT) *for anger gives a foothold to the devil.*

(Romans 12:19 NLT) *Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the LORD.*

- ✓ The \_\_\_\_\_

(Proverbs 12:18 NIV) *The words of the reckless pierce like swords...*

## The Danger of Unresolved Anger

- ✓ Craters \_\_\_\_\_
- ✓ Consumes with \_\_\_\_\_
- ✓ Cancels \_\_\_\_\_

## Anger Management

(Ephesians 4:31-32 NIV) *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_



## S.O.A.P. for week of July 10

- 10 – Matthew 5
- 11 – Matthew 6
- 12 – Matthew 7
- 13 – Matthew 8
- 14 – Matthew 9
- 15 – Psalm 69-70
- 16 – Proverbs 17

## American Idols

(James 4:7-10 NLT) *So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands...purify your hearts, for your loyalty is divided between God and the world. Let there be tears for what you have done. Let there be sadness instead of laughter, and gloom instead of joy. Humble yourselves before the Lord, and he will lift you up in honor.*

## ANGER DANGER

- ✓ Anger is ENJOYABLE.
- ✓ Anger is physically EMOTIONAL.

## How We Handle Anger

- ✓ TOXIC WASTE
- ✓ VOLCANOES
- ✓ SNOW CONES
- ✓ SHORT FUSES

(1 Timothy 4:16 NLT) *Keep a close watch on how you live...*

## 4 Analogies of Anger

- ✓ The TRAPEZE

(Ephesians 4:26 NLT) *And don't sin by letting anger control you.*

- ✓ The BED

(Ephesians 4:26 NLT) *Don't let the sun go down while you are still angry,*

- ✓ The DOOR

(Ephesians 4:27 NLT) *for anger gives a foothold to the devil.*

(Romans 12:19 NLT) *Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the LORD.*

- ✓ The SWORD

(Proverbs 12:18 NIV) *The words of the reckless pierce like swords...*

## The Danger of Unresolved Anger

- ✓ Craters RELATIONSHIPS
- ✓ Consumes with REVENGE
- ✓ Cancels REPRIEVE

## Anger Management

(Ephesians 4:31-32 NIV) *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

- ✓ RETREAT
- ✓ REFOCUS
- ✓ RELEASE
- ✓ RELAUNCH