

## Be of a Sound Mind Midweek Study

### Sinful Anger: Origin, Impact, Prevention

I. Be angry and do not sin; do not let the sun go down on your anger Ephesians 4:26

- \_\_\_\_\_ Anger (Obedient Response)
  - Mark 11:15-19
- \_\_\_\_\_ Anger (Disobedient Response)
  - Numbers 20:1-13

II. Let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God. James 1:20

- James is warning against an \_\_\_\_\_ to anger.
- Sinful Anger is a result of \_\_\_\_\_ spilling over.

III. What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? James 4:1

- James shares the origin of our sinful responses to anger is our \_\_\_\_\_.
- It becomes all about \_\_\_\_\_. Fleshly desires unmet produce \_\_\_\_\_.
- Our \_\_\_\_\_ & \_\_\_\_\_ team up as a pretty dangerous combo.
- This creates an \_\_\_\_\_ for sinful angry outbursts.

IV. Blessed are the peacemakers, for they shall be called sons of God.

Matthew 5:9

- Keep \_\_\_\_\_ accounts. Go make things \_\_\_\_\_ or \_\_\_\_\_ offenses. \_\_\_\_\_ anger will show itself again. Identify \_\_\_\_\_ and deal with them.
- Don't justify be a \_\_\_\_\_ & don't settle for being a \_\_\_\_\_.
- \_\_\_\_\_ Matt 18:15
- Pray for God to reveal any \_\_\_\_\_ & \_\_\_\_\_ that could potential lead to sinful responses to anger
- \_\_\_\_\_ leads to the Holy Spirit rather than emotion leading on response.
  - W \_\_\_\_\_
  - A \_\_\_\_\_
  - I \_\_\_\_\_
  - T \_\_\_\_\_
- Embrace and Live out the \_\_\_\_\_ Eph. 4:31

Discussion Questions:

1. Someone just makes a hateful comment on your social media post. How do you respond appropriately?
2. You know someone is saying horrible things about you behind your back, but acts fine when they are around you. How do you respond appropriately?
3. You find out that your child or best friend lied to you, but they do not confess it and even act like you are crazy for mentioning it. How do you respond appropriately?
4. You are in a hurry to get out the door because everyone is going to be late, but a family member is dragging his or her feet and wasting time. How do you respond appropriately?
5. You find out someone has been intimidating and aggressive with a love one and your love one is distraught and afraid of being around this person again. How do you respond appropriately?