

Emotions During Times of Crisis; Anger

I. What Type of Anger Should I Avoid?

1. "But I say to you that whoever is angry with his brother _____ a _____ shall be in _____ of the judgment." (Matthew 5:22a)
2. Uncontrolled anger results in _____. (Proverbs 29:22)
3. We can say mean and cruel things out of anger. The bible teaches us that "these things ought _____ to be _____." (James 3:10)
4. Sometimes we get angry and want to get even but the Lord says, " _____ is _____, I will _____." (Hebrews 10:30)

II. Did Jesus Get Angry?

5. Do the gospel accounts of Jesus cleansing the temple indicate that he was angry? _____
(Matthew 21:12; Mark 11:15-17; Luke 19:45; John 2:13-17)
6. How did Jesus react after becoming angry at the Pharisees in Mark 3:5?

7. The Lord is _____ to _____ and great in _____. (Nahum 1:3)
8. God's anger is but for a _____. (Psalm 30:5)

III. How Do I Cope with Anger?

9. When I get angry I must be careful not to _____. (Ephesians 4:26)
 - a. What time limit has God set on my anger? _____
10. What is the end result from anger and wrath? (Psalm 37:8) _____
11. James 1:19-20 encourages us to be _____ to wrath (anger).
12. During times of crisis Christians must remember that the "testing of your _____ produces _____" and helps develop spiritual maturity. (James 1:3-4)