

May 5, 2013

Growing Families God's Way

FAMILY LIFE THE RIGHT WAY

SPIRITUAL FRUIT: PATIENCE (ANGER)

Galatians 5:22; Ephesians 4:26-27, 29-32; James 1:19-20

Why am I angry? Gal. 5:22; Eph. 4:26-27, 29-32

- **Fear.** Gal. 5:22; Matt. 6:25-33; 1 Sam. 18:5-15, 28-29, 18:8, 12; Ex. 5:21, 14:10-12, 16:22, 17:4; Luke 15:25-32
- **Frustration.** Gen. 4:3-5, 8; Eph. 5:20-33; 1 Cor. 13:4-7; Luke 15:25-32
- **Hurt.** Gen. 37:3-4; Eph. 4:29; 1 Cor. 13:4-7; Matt. 12:34; Col. 3:8; Mark 5:1-20, 25-34

What happens when I am angry (consequences)? Gal. 5:22; John 15:7-14; Eph. 4:26-27, 29-32

- **Cost** to our relationships. Eph. 4:26-27, 29-32, 5:20-33; Luke 15:28-32; Prov. 29:22, 15:18, 14:29, 17, 11:29
- Cost to **us** personally.
- Cost to us in our relationship with **God**. Eph. 4:26-27; Ex. 5:21, 14:10-12, 16:22, 17:4; John 15:1-11, Ps. 66:18; Gal. 5:16-23

What can I do to control my anger? Gal. 5:22; James 1:19-20; Gal. 5:16; John 15:1-10

- What am I angry **about** (source)?
- What am I going to do **with** my anger?
 - Take **your** responsibility for it. Ps. 51:3-4
 - Take God's Word and memorize it and **live** by it. Ps. 119:11; Rom. 12:1-2; 2 Cor. 10:3-5
 - Take James 1:19-20 to **heart**.
 - Listen **more**.
 - **Talk** less.
 - Be **slow** to anger.