

Making Anger Your Ally

Raising Your Emotional IQ - Part 6 of 8

“Be angry but do not sin in your anger.”
Ephesians 4:26

I. The ABC’s of Anger Assessment.

A _____ your angry feelings.

B _____.

C _____ of the
first emotion.

II. Destructive Uses Of Anger.

• _____ Your Feelings.

“You are only hurting yourself with your anger...”
Job 18:4 (Good News)

“Stop lying to each other; tell the truth... when we lie to each other we are hurting ourselves. If you are angry, don’t sin by nursing your grudge.”
Ephesians 4:25-26 (LB)

• _____ Your Feelings.

“Nothing compared to the burden of putting up with a fool – we’re blasted by anger and swamped by rage...”
Proverbs 27:3 (The Message)

“But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language.”
Colossians 3:6 (NLT)

III. Expressing Your Anger Appropriately.

• Choose a _____ and a _____.

“The right word at the right time is like precious gold set in silver.”
Proverbs 25:11 (CEV)

“Even if you are angry, do not sin: never let the sun set on your anger or else you will give the devil a foothold.”
Ephesians 4:26-27 (JB)

• Affirm your _____.

Paul: **“Yes, for your sake and with Christ as my witness, I have forgiven whatever needed to be forgiven. I have done this to keep Satan from getting the better of us. We all know what goes on in his mind.”**
2 Corinthians 2:10 (CEV)

• Don’t use _____.

“Stop being bitter and angry and mad at others. Don’t yell at one another or curse each other or ever be rude. Instead, be kind and merciful, and forgive others, just as God forgave you because of Christ.”
Ephesians 4:31-32 (C.E.V.)