

ANGER: DEFUSING YOUR ANGER

The Seven Deadly Sins: Killing them before they kill you! - Part 5 of 8, Preschool Sunday

Genesis 4:1-16, Luke 15:11-32

Proverbs 25:28 (GN) *"If you cannot control your anger you are as helpless as a city without walls, open to attack."*

I. FOUR WAYS PEOPLE EXPRESS ANGER

* The _____

Example: Cain: *"Cain became furious and he scowled in anger... And while they were in the field, Cain attacked his brother Abel, and killed him."* Gen. 4:5, 8 (GN)

* The _____

Example: Jeremiah: *"... I stayed by myself and was filled with anger. Why do I keep on suffering? Why are my wounds incurable? Why won't they heal?"* Jer. 15:17-18 (GN)

* The _____

Example: The Prodigal's Brother: *"The elder brother was so angry he would not go in (to the party). So his father went out and pleaded with him..."* Luke 15:28

* The _____

Example: The Pharisees: *"But they were furious and began to plot with each other what they might do to Jesus."* Luke 6:11

II. HOW TO DEFUSE YOUR ANGER

1. Understand _____

"A man's wisdom gives him patience..." Pr. 19:11

2. Look to _____ not _____ for my self worth.

"Don't pay attention to everything people say..." Eccl. 7:21

"Reverence for the Lord gives confidence and security to a man..." Prov. 14:6 (GN)

3. Stop and _____

"Sensible people always think before they act..." Pr. 13:16

4. Continually Ask God _____

"The fruit of the Spirit is love, joy, peace, patience..." Gal. 5:22