

# Resolving Problems With Anger

*Two principles to remember ...*

1. It is possible to be angry and not sin (Eph. 4:26a)
2. We must resolve anger quickly (Eph. 4:26b)

# Resolving Problems With Anger

## *Why do we need to resolve anger problems?*

1. Anger gives ground to the Devil (Eph. 4:27)
2. Anger does not produce the righteousness of God (James 1:19-20)
3. Anger only causes harm (Psalm 37:8)
4. Anger leads to more anger (Prov. 10:12; 15:1; 30:33)
5. Anger leads to an abundance of sin (Prov. 29:22)
6. Anger leads to foolish decisions (Prov. 14:17)
7. Anger has costly consequences (Prov. 19:19)
8. Anger is a heavy weight to carry (Prov. 27:3)

# Resolving Problems With Anger

## *How can we resolve problems with anger?*

1. By quickly seeking forgiveness (Matt. 5:21-26)
2. By resolving root causes (Matt. 15:18-19)
  - a. Unresolved bitterness
  - b. Too high expectations
  - c. Temporal values
  - d. Negative thought patterns
  - e. Pride/Control
3. Walk in the Spirit (Gal. 5:16-24)