



## 4. ANGER MEANS STRONGER

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"Fallacies do not cease to be fallacies because they become fashions." —G.K. Chesterton

"People who fly into a rage seldom make a good landing."  
—Will Rogers

Proverbs 19:11; 14:17; 16:32

Notes:

### 1. What Makes You \_\_\_\_\_?

- \_\_\_\_\_ Proverbs 14:17a; 3:30; 13:10
- \_\_\_\_\_ Proverbs 15:18
- \_\_\_\_\_ James 4:1-4; Proverbs 27:4

"Envy is worse than both of them, 1st, Because it is more unjust and unreasonable, as not being caused by any provocation, as wrath and anger are; but proceeding from mere malignity of mind, whereby a man is grieved for another man's happiness, in which he ought to rejoice; 2d, Because it is more deeply rooted and implacable, whereas the other passions are commonly allayed; and, 3d, Because it is more secret and undiscernible, and therefore the mischievous effects of it are hardly avoidable, whereas wrath and anger discover themselves, and so forewarn and forearm a man against danger." —Benson Commentary

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- \_\_\_\_\_ Proverbs 14:29; 26:17
- \_\_\_\_\_ Job 3:23-26; Psalm 22:1-2

"As a follower of Jesus and in my role as a pastor, I discovered that lament gives a candid voice to the struggle of hardship, acknowledging the real and frightening emotions of pain while creating a path for God-centered worship. Trite answers and quick fixes are eclipsed by a message for hurting people: hard is hard but hard is not bad." —Mark Vroegop

## 2. What Will \_\_\_\_\_ Do?

"Anger is a low frequency feeling that closes the heart. When you express or repress anger rather than learn from it, you cause your heart to close, which cuts you off from the love and peace of spirit. Being cut off from love always causes anxiety and depression." —Dr. Margaret Paul

Proverbs 22:24-25; Ephesians 4:26-27

## 3. How Should We \_\_\_\_\_ With \_\_\_\_\_?

- *I discipline my emotions when* I make sure they are not blocking the \_\_\_\_\_ I need to hear. James 1:19-20
- *I discipline my emotions when* I make sure they do not \_\_\_\_\_ what I know in my heart to be \_\_\_\_\_ and \_\_\_\_\_.
- *I discipline my emotions when* I take moments to pause and ask, what am I \_\_\_\_\_, how am I \_\_\_\_\_ and how am I \_\_\_\_\_?
- *I discipline my emotions when* I am careful to translate them into responsible \_\_\_\_\_. Proverbs 18:6-7; 14:29

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