

# ANGER



HOW TO CONTROL YOUR ANGER

# DEFEATING ANGER



- ☐ Anger can destroy relationships, steal peace, and block God's purpose in your life
- ☐ As a believer, you are not a slave to your emotions anymore.
- ☐ Through the Holy Spirit, you have the authority to take control over anger and replace it with peace, patience, and love.
- ☐ Victory over anger is not about trying harder, it's about surrendering deeper.

# NEW CREATION



- ❑ 2 Corinthians 5:17 says, “Therefore, if anyone is in Christ, he is a new creation. The old has gone, the new is here!”
- ❑ Anger may have been a part of your old life, but it does not define you now.
- ❑ Jesus Himself said in Matthew 5:5, “Blessed are the meek, for they will inherit the earth.” Godly strength comes through self-control, not rage.
- ❑ Meekness is not weakness — it’s strength under control.
- ❑ Galatians 5:22-23 says the fruit of the Spirit is “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”

# Application



- ☐ Colossians 3:8 urges believers to “rid yourselves of all such things as these: anger, rage, malice...” What kind of anger are you holding on to?
- ☐ James 1:19-20 reminds us to be “quick to listen, slow to speak and slow to become angry.” What situations trigger a quick response in you?
- ☐ Matthew 5:23-24 speaks of reconciling with others before offering your gift to God. Is there someone you need to seek forgiveness from or forgive due to anger? What steps can you take toward reconciliation this week?