
4 DUMB THINGS SMART PEOPLE DO: #1 – THEY HOLD ONTO ANGER

WHY IS HOLDING ONTO ANGER HARMFUL?

YOU _____ THINGS YOU REGRET

“If you churn milk you get butter; if you pound on your nose, you get blood—and if you stay angry, you get in trouble.” Proverbs 30:33, CEV

ULTIMATELY, YOU HURT YOUR RELATIONSHIP WITH _____

“And ‘don’t sin by letting anger control you.’ Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.” Eph 4:26–27, NLT

HOW DO I RELEASE MY ANGER?

1. DON’T _____. LATER, FIGURE OUT THE _____ EXPECTATION

“Do not become angry easily, because anger will not help you live the right kind of life God wants.” James 1:19b–20, NCV

“Don’t sin by letting anger control you. Think about it overnight and remain silent.” Psalm 4:4, NLT

2. GIVE THE PERSON THE _____

“Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.” Colossians 3:13, NLT

3. WHEN APPROPRIATE, _____ THE UNMET EXPECTATION

“If your brother sins against you, go and tell him his fault, between you and him alone.” Matthew 18:15a, ESV

4. IT’S OKAY TO ASK FOR _____

“Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.” Hebrews 10:24–25, NLT

