



Session Outline and Discussion Question “Dealing With Anger”

Vince D’Acchioli -- Session 9

Session Outline:

When angry, count ten, before you speak; if very angry, an hundred.

Thomas Jefferson (1743–1826)

Eph. 4:26 *In your anger do not sin, do not let the sun go down while you are still angry...*

In our culture anger is simply a mask for fear. Anger is a socially acceptable emotion--fear is not.

Three ways we deal with anger:

- 1.) We _____ (Rom. 2:1-3)
- 2.) We _____ (Prov. 18:21)
- 3.) We _____ (Prov. 16:32)

Three keys to controlling anger:

- 1.) Give it to God now. (Rom. 8:28)
- 2.) Give up your rights. (Jesus is our model)
- 3.) Forgive. (Rom. 12:17)

Anger properly managed is the key to freedom from fear.

Life Implication:

When un-dealt with, anger can affect us *spiritually, emotionally, mentally* and *physically*. While the emotional, mental and physical toll can be significant, we often overlook the spiritual implications.

Some symptoms of internalized anger may be: Ulcers, nervous foot or body movements, chronic stiff or sore neck, depression, becoming overly tired or bored, procrastination, bad dreams, difficulty with prayer life, etc.

Prov. 19:11 *A man’s wisdom gives him patience; it is to his glory to overlook an offense.*

Prov. 29:11 *A fool gives full vent to his anger, but a wise man keeps himself under control.*

Rom. 8:28 *And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*



Session Outline and Discussion Question “Dealing With Anger”

Vince D’Acchioli -- Session 9

Session Outline:

When angry, count ten, before you speak; if very angry, an hundred.

Thomas Jefferson (1743–1826)

Eph. 4:26 *In your anger do not sin, do not let the sun go down while you are still angry...*

In our culture anger is simply a mask for fear. Anger is a socially acceptable emotion--fear is not.

Three ways we deal with anger:

- 1.) We _____ (Rom. 2:1-3)
- 2.) We _____ (Prov. 18:21)
- 3.) We _____ (Prov. 16:32)

Three keys to controlling anger:

- 1.) Give it to God now. (Rom. 8:28)
- 2.) Give up your rights. (Jesus is our model)
- 3.) Forgive. (Rom. 12:17)

Anger properly managed is the key to freedom from fear.

Life Implication:

When un-dealt with, anger can affect us *spiritually, emotionally, mentally* and *physically*. While the emotional, mental and physical toll can be significant, we often overlook the spiritual implications.

Some symptoms of internalized anger may be: Ulcers, nervous foot or body movements, chronic stiff or sore neck, depression, becoming overly tired or bored, procrastination, bad dreams, difficulty with prayer life, etc.

Prov. 19:11 *A man’s wisdom gives him patience; it is to his glory to overlook an offense.*

Prov. 29:11 *A fool gives full vent to his anger, but a wise man keeps himself under control.*

Rom. 8:28 *And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*

