

'Get A Grip on Anger!'

Get A Grip—Part 9 Ephesians 4:25-27 Page 1822

July 1, 2007—10 AM Dr. Bradley T. Trask

4 WAYS PEOPLE EXPRESS ANGER

The M_____ - Time Bomb
Genesis 4:5,8

The M_____ - Crock Pot
Jeremiah 15:17,18

The M_____ - Pity Party
Luke 15:28

The M_____ - Don't get mad get even.
Luke 6:11

5 WAYS TO DEFUSE YOUR ANGER

Proverbs 25:28

I. R_____ the rates of _____ !

- Proverbs 29:22

ONE LETTER FROM D-ANGER

ANGER IS D_____ !

Proverbs 15:18

Definition: ANGER is a strong feeling of displeasure aroused by a real or supposed wrong.



ONE LETTER FROM D-ANGER

ANGER IS D_____ !

Proverbs 19:19

ANGER IS D_____ !

Proverbs 14:17

II. R_____ before _____ !

- Proverbs 14:29
- Proverbs 13:16

III. R_____ with the _____ !

- Proverbs 22:24,25

IV. R_____ the need to R_____ !

- Proverbs 19:11 (NIV)(NLT)

V. R_____ your R_____ !

- Psalm 7:11

LIMIT THE D_____ OF ANGER

Ephesians 4:26

LIMIT THE D_____ OF YOUR ANGER

LIMIT THE D_____ OF YOUR ANGER

Proverbs 15:1

'People who go flying into a rage seldom make a good landing.'
Will Rogers

