



## ANGER MANAGEMENT (Esther 2:21-3:15)

Sunday, July 5, 2020 AVBC

---

1. Anger begins with some sort of \_\_\_\_\_. (3:1-2)

2. Anger that is not released will \_\_\_\_\_. (3:3-5)

-Ephesians 4:26-27

>When you get angry, deal with it \_\_\_\_\_!

-I Samuel 15:32-33

*“Forgiveness has nothing to do with absolving a criminal of his crime. It has everything to do with relieving oneself of the burden of being a victim-- letting go of the pain and transforming oneself from victim to survivor.”*  
(C.R. Strahan)

*“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”* (Martin Luther King, Jr.)

*Be kind to one another, tender hearted, forgiving one another; just as God in Christ has forgiven you. (Ephesians 4:32)*

3. Unresolved anger in one often hurts \_\_\_\_\_. (3:6-15)

Q: What do you do when confronted with a crisis?

- ✓ Release your \_\_\_\_\_
- ✓ Be willing to receive \_\_\_\_\_ from others
- ✓ Choose to be thankful, not \_\_\_\_\_
- ✓ Recalibrate your \_\_\_\_\_
- ✓ Build your life upon \_\_\_\_\_

*...I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation...For I can do everything through Christ, who gives me strength. (Phil. 4:11-13) (NLT)*

*God is our protection and our strength. He always helps in times of trouble. So we will not be afraid even if the earth shakes, or the mountains fall into the sea. (Psalm 46:2)*

---

### DIGGING DEEPER

(For use in personal/family devotions or with your care group)

Q1: Many regard anger as a secondary emotion that is triggered when a person is frustrated, cornered/attacked or hurt. Do any of these three “triggers” causes anger to rise up in you? If so, explain.

Q2: Study Mark 10:13-16 and Mark 11:15-17.

What do these passages teach us about godly anger?

Q3: Have you witnessed any real life examples of out-of-control anger/rage that resulted in a lot of innocent people getting hurt? If so, explain.

Q4: Study James 3:13-17. What do these verses teach us about the dangerous consequences of unresolved anger?

Q5: Pastor David mentioned five practical things to do when confronted with a crisis. Have you found any of these to be helpful? Are there some other things you think should be added to this list? If so, explain.