



## “CONQUERING ANGER” Ephesians 4:26-27

1. Three types of anger: (1) Hasty anger; (2) Hidden anger; (3) Habitual anger.
2. Anger is not a sin but it can lead us into sin.
3. Anger is healthy and can motivate us to action.
4. Anger impairs our ability to think clearly and to control our behavior.
5. Anger can be passive or aggressive
  1. Signs of Passive anger: secretive behavior; psychological manipulation; self-blame; self-sacrifice; dispassion; obsessive behavior; evasiveness
  2. Signs of Aggressive anger: threats; hurtfulness; destructiveness; bullying; unjust blaming; manic behavior; grandiosity; selfishness; vengeance; unpredictability
- I. SLOW DOWN** (Ex 34:6; Prov 14:17; Jas 1:19-20).
- II. KEEP YOUR DISTANCE** (Prov 22:24-25; Matt 5:9; Eph 4:3; Prov 6:19)
- III. OVERLOOK IT** (Prov 29:11; 1 Cor 13:5; 1 Pt 4:8)
- IV. TRAVEL LIGHT**
  1. God does not stay angry (Micah 7:18; Ps 30:5)
  2. Settle matters quickly (Eph 4:27; Matt 5:25)
  3. What if you are wronged? (1 Cor 6:7-8)
- V. MAKE IT RIGHT** (Matt 5:23-24)  
A prayer for deliverance from anger: (everyone pray together)

“Lord, I don’t want to stay angry. Whether I am justified or not in my anger, I do not want to be an angry person. I forgive those who have hurt me and pray for you to bless them. I turn over the vengeance to you because only you can judge us perfectly and mercifully. I ask you to forgive me for lashing out in anger and not expressing my anger in a healthy way. I choose to be merciful to those I am angry with because I want you to be merciful to me. I forgive those who have sinned against me because I need you to forgive me. I release the pain and I receive your peace. I refuse to continue to obsess about the issue that has made me so angry and I choose to focus my thoughts on living life to the fullest. I refuse to waste another day being so mad because this is the day you have made, I will rejoice and be glad in it. I ask for your Holy Spirit to make me better not bitter and to produce in me the fruit of love, joy, peace, longsuffering, gentleness and goodness. As you fill me with your Holy Spirit I believe the anger is being driven out of my heart. I receive your peace and I make a commitment to obey your word to be a peacemaker for blessed are the peacemakers, they shall be called the children of God. In the name of Jesus Christ my Lord.”