

Do you
want to be...

Free At Last?



OUTLINE

Lesson #7

MANAGING ANGER BY SPEAKING TRUTHFULLY

1. Sources of Anger & Reasons for Suppressing Anger - Class Interaction
2. Destructive Power of Anger: Pro 24:28-29, Pro 14:16, Pro 17:19, Pro 14:17
3. Principles to Overcome Anger:
 - Develop discipline of first response: Ps 3:4, Is 43:26
 - Bring offense to the light: Matt 18:15, Eph 4:26-27
 - Give up control: Ps 37:5-6, Matt 23:12, Pro 10:8, Ps 9:4
 - Control thoughts: Phil 2:3, Gal 5:26, 1 Cor 13:4
 - Confront source of attack in spiritual realm: Jude 20, Rom 8:26, Eph 6:18, Matt 21:21, 2 Cor 10:5
4. Overcoming Anger at Point of Temptation
 - Hold peace: Pro 11:12
 - Acting out anger is a choice: Rom 6:12-14, Pro 15:1
 - Ask God for grace at time of need: Heb 4:16, Zech 4:6
5. Reconciling Angry Outbursts
 - Be honest and acknowledge anger
 - Listen to words: James 1:14-15, Matt 15:18
 - Determine source of anger
 - Identify root triggering angry response: Pro 13:10, John 7:18, 1 Tim 6:3-4, 1 Cor 8:1, 2 Tim 2:14, Ecc 10:4
 - Deal with anger promptly: Eph 4:26-27
 - Speak truthfully, telling heart of the matter: Zech 8:16, Rom 12:17, 1 Pe 3:11
 - Agree with adversary: Matt 5:25
 - Pray with one another: James 5:16
 - Release debt/surrender outcome to God: 12:20-21, Matt 5:41, Rom 12:18, Ps 37:5-6, 1 Peter 3:16
6. Deliverance from Stronghold of Anger: Pro 21:23, Pro 16:32, James 3:18
7. Class Assignment
 - Journal insights and feelings
 - Engraft Scriptures to Manage Anger
 - Read Pages 79-86, Chapter 5, of *Free at Last*