

## CONQUERING ANGER

SEPTEMBER 19, 2021

### WORSHIP

Can't Stop Singing, Your Great Name, Christ Our Hope in Life and Death

### WELCOME

What types of situations cause you to be angry and why?

### WEEKLY PRAYER POINTS

#### I. Thanksgiving

- Worship God for who He is, what He has done, and what He will do in our lives

#### II. Country and the World

- Upright and moral governance of Public Servants A God-centered Philippines
- Repentance and Salvation

#### III. Church

- That CCF Members would honor and love God and make disciples
- Elders, Pastors, Leaders, and Families
- Ministries and Churches worldwide

#### IV. CCF Facilities

- Worship and Training Center
- Prayer Mountain

#### V. Personal Concerns

- Deeper intimate relationship with God
- Righteous living
- Salvation of family and friends

### WORD

#### READ IT!

#### JAMES 1:19-20

<sup>19</sup> You know this, my beloved brothers and sisters. Now everyone must be quick to hear, slow to speak, and slow to anger; <sup>20</sup> for a man's anger does not bring about the righteousness of God.

#### EPHESIANS 4:26-32

<sup>26</sup> Be angry, and yet do not sin; do not let the sun go down on your anger, <sup>27</sup> and do not give the devil an opportunity. <sup>28</sup> The one who steals must no longer steal; but rather he must labor, producing with his own hands what is good, so that he will have something to share with the one who has need. <sup>29</sup> Let no unwholesome word come out of your mouth, but if there is any good word for edification according to the need of the moment, say that, so that it will give grace to those who hear. <sup>30</sup> Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup> All bitterness, wrath, anger, clamor, and slander must be removed from you, along with all malice. <sup>32</sup> Be kind to one another, compassionate, forgiving each other, just as God in Christ also has forgiven you.

#### PARAPHRASE IT!

Restate the verses in your own words.

#### TALK ABOUT IT!

- What did you learn about God?
- What did you learn about Jesus?
- What did you learn about the Holy Spirit?
- What did you learn about people?
- What did you learn about following Jesus?
- What change will you undertake in relation to conquering anger?

#### POINT IT OUT!

- 1. REALIZE (DISCOVER OUR ANGER)**  
Ephesians 4:31, Proverbs 14:17, Psalm 37:8, Matthew 5:21-22
- 2. ROOT (DIAGNOSE OUR ANGER)**  
Psalm 139:23, 1 Samuel 18:6-9 (King Saul), 2 Kings 5:9-11 (Naaman), 2 Chronicles 16:7, 9-10 (King Asa)
- 3. RECALIBRATE (DEFUSE OUR ANGER)**  
Psalm 139:24, Ephesians 4:26, 27, 29, 30, 32
- 4. RECOGNIZE (DEPEND ON GOD'S SOVEREIGNTY)**  
2 Samuel 16:5-6, 10-12, 1 John 4:10

### WORKS

#### APPLY IT!

Based on this lesson on CONQUERING ANGER, write down your action point to apply what you learned. Make it your "I will..." statement and follow the S.M.A.R.T. guideline to come up with a do-able action point..

- Simple
- Measurable
- Appropriate
- Realistic
- Time-bound

"I will \_\_\_\_\_  
\_\_\_\_\_

#### SHARE IT!

Who will you share these truths to this week?

#### PRAY CARE SHARE IN ACTION

Pray for people who are struggling with destructive anger that they may be set free from bitterness that maybe causing them to hurt those around them. Share to them the good news of our forgiveness in Christ that they too may learn to forgive those who may have provoked them to anger.

### MEMORY VERSE

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