

# THE *Five* LOVE LANGUAGES

## UNDERSTANDING AND PROCESSING ANGER

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### I. The Source of Anger

A. Anger is rooted in the \_\_\_\_\_.

1. God is \_\_\_\_\_. I John 4:8

2. God is \_\_\_\_\_. I Peter 1:16

Therefore:

3. God is \_\_\_\_\_ with the wicked everyday. Psalm 7:11

B. Why do we experience anger?

1. We are made in the \_\_\_\_\_ of God. Genesis 1:27

2. Therefore, we have a concern for \_\_\_\_\_ or \_\_\_\_\_.

3. We get angry when our sense of \_\_\_\_\_ is violated.

### II. The Purpose of Anger

To motivate us to take \_\_\_\_\_ action.

A. God is our Model:

1. By \_\_\_\_\_ the wrong doer.

2. By \_\_\_\_\_ the situation. John 2:13-17

3. By \_\_\_\_\_ His judgment and provoking \_\_\_\_\_.  
Jonah 3:9-10, Jeremiah 3:12

B. Two types of human anger:

1. Definitive Anger (Galatians 2:11-14).

A genuine \_\_\_\_\_ has been committed.

2. Distorted Anger (Genesis 4:4-7, II Kings 5:11, Jonah 4:4-11).

No \_\_\_\_\_ has been committed.

### III. The Process of Anger

1. \_\_\_\_\_ your anger.
2. \_\_\_\_\_ your immediate response. Proverbs 29:11, 19:11
3. \_\_\_\_\_ the focus of your anger.
4. \_\_\_\_\_ your options.
5. \_\_\_\_\_ constructive action. Luke 17:3-5, Gal. 6:1