

Handling My Anger Daily

Today's unresolved anger can easily become tomorrow's lingering bitterness unless we learn the steps to "not letting the sun set on our anger" (Ephesians 4:26-27) Note: This session is Part Four of a six-part series on Managing My Anger God's Way.

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I. Introduction:

Proverbs 29:22 "A hot-tempered man abounds in sin..."

II. Refusing to let the sun set on our anger TODAY...(Ephesians 4:26-32)

III. Refusing to let TODAY'S angry situation become tomorrow's bitterness...

Step #1. Admitting it - TODAY

Step #2. Tracing it - TODAY

Step #3. Confessing it - TODAY (1 John 1:9)

Step #4. Repenting of it - TODAY (Luke 22:31-32)

Step #5. Handling it – TODAY (Eph. 4:26-27)

Next Session: The Ten Commandments for Dealing with Anger Daily (Part One)
Any questions?