

## The High Price of My Anger

A burst of anger, a pout of bitterness, a mean-spirited remark — all very expensive. In this session we will consider the emotional, social, physical and spiritual consequences of the many expressions of unrighteous anger. Note: This session is Part Three of a six-part series on Managing My Anger God's Way.

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### I. The High Cost of Anger...

1. Emotionally (Prov. 30:33)

2. Socially (Prov. 17:1; 21:9)

3. Physically (cf. medical research)

4. Spiritually (Eph. 4:26-32; Gal. 5:20-23; Prov. 29:22)

- Unresolved anger gives the Devil an open door into our lives
- Unresolved anger does not extend grace to others
- Unresolved anger grieves the Holy Spirit
- Unresolved anger mocks the kindness and forgiveness we have received

## II. Proverbs 29:22 “A hot-tempered man abounds in sin...”

Next Session: Handling My Anger Daily  
Any questions?