



You're Really Infuriating

March 16 & 17, 2024

Proverbs 25:28 (TPT)

If you live without restraint and are unable to control your temper, you're as helpless as a city with broken-down defenses, open to attack.

Ephesians 4:26-30 (NLT)

And don't sin by letting anger control you. Don't let the sun go down while you are still angry, for anger gives a foothold to the devil. If you are a thief, quit stealing. Instead use your hands for good hard work, and then give generously to others in need. Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. And do not bring sorrow to God's Holy Spirit by the way you live. Remember he has identified you as his own, guaranteeing that you will be saved on the day of redemption. Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Proverbs 12:16 (TPT)

If you shrug off an insult and refuse to take offense, you demonstrate discretion indeed. But the fool has a short fuse and will immediately let you know when he's offended.

Proverbs 16:32 (TPT)

Do you want to be a mighty warrior? It's better to be known as one who is patient and slow to anger. Do you want to conquer a city? Rule over your temper before you attempt to rule a city.

THE FOUR WAYS WE EXPRESS OUR ANGER

- The _____ | Example: Cain

Genesis 4:5, 8 (NLT)

...but he did not accept Cain and his gift. This made Cain very angry, and he looked dejected. One day Cain suggested to his brother, "Let's go out into the fields." And while they were in the field, Cain attacked his brother, Abel, and killed him.

- The _____ | Example: Jeremiah

Jeremiah 15:17-18 (GNT)

"I did not spend my time with other people, laughing and having a good time. In obedience to your orders I stayed by myself and was filled with anger. Why do I keep on suffering? Why are my wounds incurable? Why won't they heal? Do you intend to disappoint me like a stream that goes dry in the summer?"

- The _____ | Example: The Prodigal's Brother

Luke 15:28-30 (MSG)

"The older brother stomped off in an angry sulk and refused to join in. His father came out and tried to talk to him, but he wouldn't listen. The son said, 'Look how many years I've stayed here serving you, never giving you one moment of grief, but have you ever thrown a party for me and my friends? Then this son of yours who has thrown away your money on whores shows up and you go all out with a feast!'"

- The _____ | Example: The Pharisees

Luke 6:10-11 (MSG)

He looked around, looked each one in the eye. He said to the man, "Hold out your hand." He held it out—it was as good as new! They were beside themselves with anger, and started plotting how they might get even with him.

THE FIVE STEPS TO DISARMING UNGODLY ANGER

1

_____ the devastation I cause when I lose control or seethe with anger silently.

Proverbs 29:22 (TPT)

The source of strife is found in an angry heart, for sin surrounds the life of a furious man.

Proverbs 15:18 (ICB)

A person who quickly gets angry causes trouble. But a person who controls his temper stops a quarrel.

Proverbs 14:29 (LB)

A wise man controls his temper. He knows that anger causes mistakes.

Proverbs 14:17 (ICB)

A person who quickly loses his temper does foolish things. But a person with understanding remains calm.

People with _____ do and say stupid things.

2

_____ on their pain rather than their words.

Proverbs 19:11 (TPT)

An understanding person demonstrates patience, for mercy means holding your tongue. When you are insulted, be quick to forgive and forget it, for you are virtuous when you overlook an offense.

2 Corinthians 1:3-5 (TPT)

All praises belong to the God and Father of our Lord Jesus Christ. For he is the Father of tender mercy and the God of endless comfort. He always comes alongside us to comfort us in every suffering so that we can come alongside those who are in any painful trial. We can bring them this same comfort that God has poured out upon us. And just as we experience the abundance of Christ’s own sufferings, even more of God’s comfort will cascade upon us through our union with Christ.

3

_____ my emotions and think before reacting.

Proverbs 13:16 (GNBDC)

Sensible people always think before they act, but stupid people advertise their ignorance.

Proverbs 29:11 (GNBDC)

Stupid people express their anger openly, but sensible people are patient and hold it back.

Three Questions to Ask Myself:

- _____ I am really angry?
- _____ do I really want out of this tense moment?
- _____ can I really glorify God in this situation?

Proverbs 15:1 (TPT)

Respond gently when you are confronted and you’ll defuse the rage of another. Responding with sharp, cutting words will only make it worse. Don’t you know that being angry can ruin the testimony of even the wisest of men?

The Three Causes of Anger:

- _____ – When somebody is pushing your buttons and they’re angry, it may be their hurt.
- _____ – When you get frustrated, you get angry. When you’re irritated, when you’re forced to wait, you get angry.
- _____ – When you are afraid or feel threatened, you fight back.

4

_____ to ask God for help and yield to His Spirit.

Psalm 141:3 (NCV)

Lord, help me control my tongue; help me be careful about what I say.

Galatians 5:22-23 (TPT)

But the fruit produced by the Holy Spirit within you is divine love in all its varied expressions: joy that overflows, peace that subdues, patience that endures, kindness in action, a life full of virtue, faith that prevails, gentleness of heart, and strength of spirit. Never set the law above these qualities, for they are meant to be limitless.

John 14:16-17, 26 (TPT)

And I will ask the Father and he will give you another Savior, the Holy Spirit of Truth, who will be to you a friend just like me—and he will never leave you. The world won't receive him because they can't see him or know him. But you know him intimately because he remains with you and will live inside you. But when the Father sends the Spirit of Holiness, the One like me who sets you free, he will teach you all things in my name. And he will inspire you to remember every word that I've told you.

5

_____ my identity in Christ alone!

Proverbs 29:25 (TPT)

Fear and intimidation is a trap that holds you back. But when you place your confidence in the Lord, you will be seated in the high place.

Three Positive Revelations of the Heart:

- An _____ tongue reveals a happy heart.
- A _____ tongue reveals a loving heart.
- A _____ tongue reveals a peaceful heart.

2 Corinthians 5:17-21 (NLT)

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him. For God was in Christ, reconciling the world to himself, no longer counting people's sins against them. And he gave us this wonderful message of reconciliation. So we are Christ's ambassadors; God is making his appeal through us. We speak for Christ when we plead, "Come back to God!" For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.



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- **The Bomb** | Example: Cain

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- **The Buttoned-Up** | Example: Jeremiah

Jeremiah 15:17-18 (GNT)

"I did not spend my time with other people, laughing and having a good time. In obedience to your orders I stayed by myself and was filled with anger. Why do I keep on suffering? Why are my wounds incurable? Why won't they heal? Do you intend to disappoint me like a stream that goes dry in the summer?"

- **The Big Baby** | Example: The Prodigal's Brother

Luke 15:28-30 (MSG)

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- **The Bully** | Example: The Pharisees

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People with anger issues do and say stupid things.

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Concentrate on their pain rather than their words.

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- **Frustration** – When you get frustrated, you get angry. When you're irritated, when you're forced to wait, you get angry.
- **Fear** – When you are afraid or feel threatened, you fight back.

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Choose to ask God for help and yield to His Spirit.

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