

IT IS WELL WITH MY SOUL

Part 3 - Anger

3 Types of Anger recognised by Psychologists

1. _____ & _____ anger
2. _____ & _____ anger
3. _____ anger

From a Christian / Biblical point of view, 3 Types of Anger

1. _____ indignation → We _____ be angry against _____.
2. _____ anger
3. _____ anger → " _____ people _____ people" (Ephesians 4:26-27,31)

Significant Anger Management issues come from a variety of places

- * Deep internal _____
- * Influenced by _____
- * Unwitting response to crippling _____, spiralling _____, untamed / untrained _____, unresolved _____, slow-burning _____.

PREMISE: Anger is a _____, not the _____ (Galatians 5:16-26 NLT).

- * Ultimately, anger is the _____ of what's going on _____ in your very _____.
- * Listening to, responding to, being led by the _____ or _____ produces very different results.

What are the possible roots that produce the fruit of anger?

- a) Unfulfilled _____
- b) Long-term bubbling _____

- c) Built up _____
- d) Lingered _____
- e) Irrational sense of _____
- f) Unresolved _____
- g) Defensive _____
- h) Immature _____
- i) Insecure need for _____

Clearly, if those are _____ you at the _____ of your _____, you need a _____.

You need the deep work of the _____ in your heart.

How do you dig out those roots and plant new ones?

1. _____ that in Christ you're a _____ person ... The _____ has gone; the _____ has come (2 Corinthians 5:17).
 - * There is _____: You don't have to be _____ to anger & rage. _____ came to set you _____ and the _____ enables you to live in the _____ of that _____ (Romans 6:13-14).
 - * The resentments, failures & disappointments are _____.
2. _____ that although your _____ doesn't have a _____ over you, it's still _____ you.
 - * _____ has forgotten it, but _____ may not and the _____ certainly won't let you.
 - * You might still operate from old, bad _____, be _____ by disappointment & failure, _____ by past experiences & relationships.
 - * So, there needs to be a _____ (James 1:19-21, Eph 4:21-24)
3. _____ to _____ on a different _____ / _____ from a different _____.
 - a) The _____ of the _____ (Psalm 109:105)
 - b) The _____ of the _____ (Galatians 5:16)
 - c) The _____ of _____ (Colossians 3:14, Ephesians 4:2, 2 Corinthians 5:14, 1 Corinthians 13:4-5).

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