



“The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?”
Jeremiah 17:9 (NLT)

“Guard your heart above all else, for it affects everything that you do and determines the course of your life.”
Proverbs 4:23

The Awful Anger Monster

Guilt says: _____ Prescription: _____

Anger says: _____ (most destructive emotion)

There’s a difference between _____ & unrighteous anger

Anger can be expressed as resentment, _____, rude

“Human anger does not produce the holy life God wants” James 1:20

Six Characteristics of Anger:

1. Anger is the result of _____

Core issue: _____ Core issue: _____

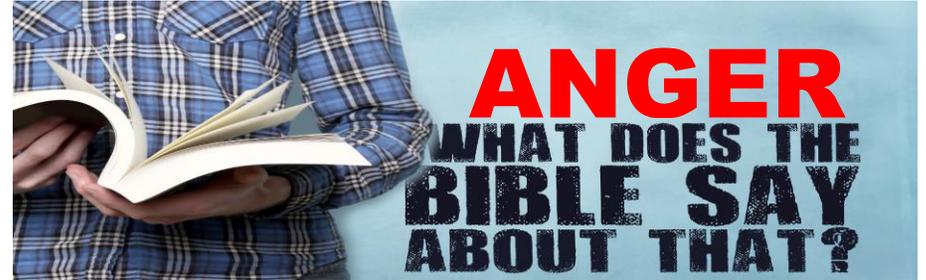
2. Anger results from a _____

3. Anger is the result of something being _____

4. Anger is the result of not getting _____

5. Anger results in inability _____

6. Anger _____! Core issue: _____



*“Don’t be angry or furious. **Anger** can lead to sin.”* Psalm 37:8

*“Stop being **angry**! Turn from your rage!
Do not lose your temper—it only leads to harm.”*
Psalm 37:8

*“A gentle answer turns **anger** away.
But mean words stir up **anger**.”*
Proverbs 15:1

*“Foolish people let their **anger** run wild.
But wise people keep themselves under control.”*
Proverbs 29:11

*“People with good sense are slow to **anger**,
and it is their glory to overlook an offense.”*
Proverbs 19:11

*“Don’t become **angry** quickly. **Anger** lives in the hearts of fools.”*
Ecclesiastes 7:9

*“But now here are the kinds of things you must also get rid of.
You must get rid of **anger**, rage, hate and lies.
Let no dirty words come out of your mouths.”*
Colossians 3:8

*“Don’t get so **angry** that you sin. Don’t go to bed **angry**.”*
Ephesians 4:26

*“My dear brothers and sisters, take note of this:
Everyone should be quick to listen, slow to speak
and slow to become **angry**”* James 1:19

Three Common Ways We Deal With Anger:

1. _____ Anger says: _____
2. _____
3. _____ Prescription: _____



“Stop being bitter and angry and mad at others. Don’t yell at one another or curse each other or ever be rude. **Instead**, be kind and merciful, and forgive others, just as God forgave you because of Christ.” Ephesians 4:31-32

Four Steps of Forgiveness

1. _____ am I _____?
2. Determine what _____
3. _____ the _____
4. _____ the _____

To forgive is not to
excuse what the
other person did.
It is to prevent
their behavior from
destroying your heart.

Heavenly Father, _____ has taken _____
from me. I have held on to this debt long enough. I choose to
cancel this debt. _____ does not owe me anymore.
Just as you forgave me, I forgive _____. Amen

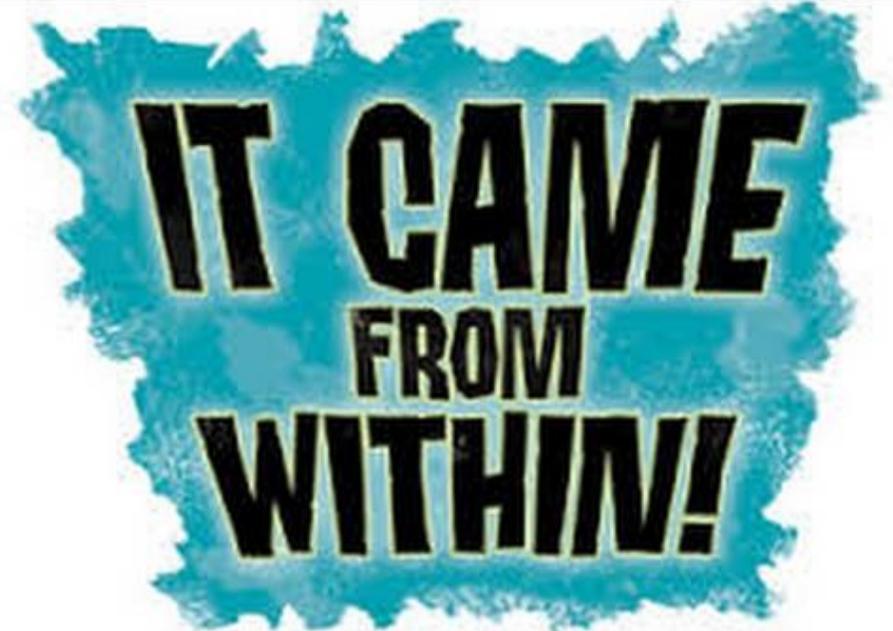
Two Important Principles

1. _____ do not always _____ my decision to forgive
2. _____ is not the same as _____

*“You will keep your friends if you forgive them,
but you will lose your friends if you keep talking
about what they did wrong”* Proverbs 17:9

Foothills Methodist Church

making disciples of Jesus Christ



“How to Overcome Anger”
Defeating the destructive enemy of your heart

Pastor Brad Chesebro

October 17, 2021

9:00am & 10:30am Worship

Foothillsunitedmethodist.org