

“Anger Danger”

James 1:19-21

Today's BIG IDEA:

If we're going to be slow to anger, we must be quick to seek God's help.

1. What anger keeps us from...

A. Anger often prevents us from being _____ (v.19)

- When we're angry, we're often more concerned with defending our own opinion than we are listening to the opinion of others.

B. Anger often prevents us from being _____ (v.20)

- The Greek word for “anger” is *όργη*, meaning “to swell up.”
- We tend to get angry because we are self-righteous, and our self-righteousness does not lead to **true** righteousness.

C. Anger often prevents us from being _____ (v.21)

- When we're angry, instead of humbly **admitting** our mistakes, we stubbornly **argue** about other people's mistakes.

2. What keeps us from anger...

A. _____ — don't _____ (v.19)
(*Psalm 103:8; Proverbs 15:8*)

- A reaction is **immediate** and **passionate**
- A response is **intentional** and **purposeful**

B. Seek _____ — not _____ (v.20)
(*Matthew 5:22; Romans 12:17-19; Ephesians 4:26*)

- Hurt people hurt people.
- It's really hard to pray for someone and be mad at them at the same time.

C. _____ the Word — don't _____ it (v.21)
(*Luke 6:45*)

- Whatever is inside of you comes out when you get squeezed.

APPLICATION QUESTIONS:

1. What are some things that make you angry?
2. What is your typical response when you get angry? Is it pleasing to the Lord?
3. Have you ever seen anyone model self-control in a situation when you would have blown up? How can you follow their example?
4. What needs to change in your life to help you be slow to anger?