

Matthew 5:21-26
Control Your Anger!

1. What is anger? What causes anger?

- **Disappointment because of high expectations**
- **Busyness**
- **Upbringing**
- **Personalities**
- **Mental illness**
- **Chemical dependency**
- **Injury, physical or emotional**
- **Selfishness**

2. What are the dangers of anger?

- a. **Liabile to j_____ (v. 22)**
- b. **Breaks relationship with _____ (v. 23; James 1:19-20)**
- c. **Breaks relationship with _____ (vv. 25-26)**

3. How do we control anger?

- a. **Control through c_____ (Ephesians 4:25-32)**
- b. **R_____**
- c. **Right any w_____**
- d. **Develop a forgiving a_____ that follows through with forgiving a_____**
- e. **Look at things p_____ and not n_____ (Galatians 5:19-23)**
- f. **Replace anger with l_____**