

Sermon Notes

2. As you read over the 10 Daily Steps to Anger Management, were there any that particularly challenged you? Are there other things you might add from your own experience?

Series: *God's New Lifestyle #9* (Ephesians series)
Title: *Anger Management! (part 2)*
Text: Ephesians 4:26-27
Date: June 29, 2008
Speaker: Mark E. Willey



Introduction:

1. Overall Anger Management (macro managing anger)
 - A. Consider the impact of anger.
 - 1) Consider the _____ anger is causing.
 - 2) Consider the benefit of _____ anger.
 - B. Probe your _____.

C. Surrender your “_____” to Jesus Christ.

D. Forgive the offender.

2. Daily Management (micro managing your anger)

Daily Steps to Managing Anger:

1. Be sure you have a relationship with Jesus Christ.
2. Still your _____ with God each day.
3. Ask the question: “What do I want?” when angry.
4. _____ your perceived right/entitlement to Christ.
5. Simplify your life by ridding it of _____ stressors.
6. Beware of being too _____.
7. Don’t multiply _____.
8. Make _____ for anything you have done or said in sinful anger.
9. Expect to have your will crossed.
10. Remember that _____ is done in anger

Questions for Sermon-Based Groups

1. As you reflect on the CIRCLE visual (Surrendering to Christ), which do you feel is the biggest source of anger in your life? Can you give an example of that happening?