

**Reading:** Ephesians 4:20-32

**Topic:** Spiritual Growth & Dealing With Anger

**INTRODUCTION:** One of the basic characteristics of the fallen \_\_\_\_\_ of the human race is the manifestation of \_\_\_\_\_ which has the potential to hurt and destroy.

## I. THE MANIFESTATIONS OF ANGER: Eph. 4:31

### A. Bitterness:

1. Bitterness is really a form of anger that festers like an \_\_\_\_\_ on the inside of an individual, and it starts as a small unseen \_\_\_\_\_ but grows until it defiles and even destroys. Heb. 12:15
2. This form of anger, like all of the others, is grieving to the Holy Spirit, and it needs to be \_\_\_\_\_ with and faced with an \_\_\_\_\_ heart in order to be cleansed from it. James 3:14

### B. Wrath:

1. Wrath is a form of anger which displays itself \_\_\_\_\_, either verbally or physically, and is often Taken out on other individuals or \_\_\_\_\_ nearby. Pr. 27:4
2. This form of anger not only grieves the Spirit of God, but often also \_\_\_\_\_ grief to the angry person and to those around him/her, causing them to do and \_\_\_\_\_ things they regret afterward. Jas. 1:19 & 20

### C. Clamour:

1. The word "clamour" comes from the Greek root word which means " \_\_\_\_\_ " or an outcry, that is a manifestation of loud wailing mixed with yelling and tears. (children)
2. This kind of manifestation of anger may be intended to gain \_\_\_\_\_ from others, and sometimes it may work, but it is very \_\_\_\_\_ to the Spirit of God. Eph. 4:31

### D. Evil Speaking:

1. This phrase, "evil speaking" comes from the same root \_\_\_\_\_ as 'blasphemy' and it includes cursing and swearing, as well as gossip, railing and destructive criticism of \_\_\_\_\_ people. Mt. 12:34
2. Evil speaking is the manifestation of \_\_\_\_\_ that is smoldering in the heart of an individual, and it is important to face it and deal with it for we will one day give \_\_\_\_\_ of our words. Matt. 12:36

### E. Malice:

1. This form of anger comes from the same root \_\_\_\_\_ as "malicious," which is the will or \_\_\_\_\_ to do harm to someone else by \_\_\_\_\_ or deed. Titus 3:3
2. Malice takes the road of \_\_\_\_\_ on someone through unforgiveness, jealousy, resentment, hatred, or a direct \_\_\_\_\_ on the individual through word or \_\_\_\_\_. 3 Jn. 1:10

## II. THE DAMAGING EFFECTS OF ANGER:

### A. Spiritually:

1. Anger is a manifestation of the old fallen \_\_\_\_\_ and it leads to actions that are not pleasing to God and to things that \_\_\_\_\_ the Holy Spirit. Eph. 4:30,31
2. If the anger issue is not dealt with in our \_\_\_\_\_, it could cause us to lose our inheritance in the kingdom of God because it is listed as one of the works of the \_\_\_\_\_. Gal. 5:20,21

### **B. Emotionally:**

1. Anger can change an individual from a normal acting \_\_\_\_\_ into a raging unreasonable monster capable of harming, even \_\_\_\_\_ someone. Gen. 49:5,6
2. When one gets into the state of anger, all of the activities that one normally \_\_\_\_\_ participating in will be ruined, whether it is open anger or smoldering anger on the \_\_\_\_\_. Ecc. 7:9

### **C. Physically:**

1. Studies and data collected by physicians find that in today's world as many as sixty percent of \_\_\_\_\_ who are sick are ill because of emotional turmoil in their \_\_\_\_\_ and the two main emotional upsets are \_\_\_\_\_ and \_\_\_\_\_.
2. Studies show that anger causes changes in the \_\_\_\_\_ - in blood flow, in gland secretions, in muscle tension, etc. and the more time that one is angry, the more that these changes begin to \_\_\_\_\_ the health of the physical body.

### **D. Socially:**

1. In society people will tend to \_\_\_\_\_ a person is often an angry individual, thus leading to the person finding themselves \_\_\_\_\_ and isolated.

## **III. THE CURE FOR ANGER:**

### **A. The New Birth:**

1. The unregenerated man will produce only the works of the \_\_\_\_\_, thus just trying to be a better person will not fix the \_\_\_\_\_ issue in a life. (anger management)
2. The only real cure for the anger issue is the new \_\_\_\_\_ experience, where the life of God Himself comes into the individual and \_\_\_\_\_ them. 2 Cor. 5:17

### **B. Staying Spirit-Filled:**

1. The terms "put \_\_\_\_\_" and "put \_\_\_\_\_" are to be practiced in our daily lives with the \_\_\_\_\_ of the Spirit of God through daily prayer and the Word of God. Col. 3:8-10
2. The old nature that produces \_\_\_\_\_ can be overcome through keeping our spiritual lives strong and healthy and partaking of the divine \_\_\_\_\_. 2 Pt. 1:4

**CONCLUSION:** The Word of God instructs us how to conduct ourselves if \_\_\_\_\_ does spring up in our lives – be \_\_\_\_\_ but don't sin! Eph. 4:26