

Anger Management

Sermon on the Mount: Part 10

Nathaniel Sorensen * September 5, 2021 * New Life Vineyard Church

“You have heard that it was said to our ancestors, Do not murder, and whoever murders will be subject to judgment. But I tell you, everyone who is angry with his brother will be subject to judgment.

“And whoever says to his brother, ‘Fool!’ will be subject to the Sanhedrin. But whoever says, ‘You moron!’ will be subject to hellfire.

“So if you are offering your gift on the altar, and there you remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled with your brother, and then come and offer your gift.

“Reach a settlement quickly with your adversary while you’re on the way with him, or your adversary will hand you over to the judge, the judge to the officer, and you will be thrown into prison. I assure you; You will never get out of there until you have paid the last penny!”

Matthew 5:21-26

LESSONS ON ANGER

1. Anger is _____.

2. Anger is priority number _____.

3. Deal with it _____.

4. Go directly to _____, not others.

“If your brother sins against you, go and rebuke him in private. If he listens to you, you have won your brother. But if he won’t listen, take one or two more with you, so that by the testimony of two or three witnesses every fact may be established.”

Matthew 18:15-16

4 COMMON MYTHS ABOUT ANGER

**Myth #1 – My anger is _____
by external events and other people.**

Truth #1 – The person that makes me so mad is _____.
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Myth #2 – I cannot _____ my anger.

Truth #2 – I can _____ my anger if I really want to.
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**Myth #3 – The best way to handle your anger is
to _____ it.**

A fool gives full vent to his anger, but a wise man holds it in check.
Proverbs 29:11

Truth #3 – The best way to handle my anger is to _____ it.
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**Myth #4 – Spiritual, _____ people never
get angry.**

**Truth #4 – Spiritual, mature people *do* get angry, but they don’t
_____ of it.**

*Be angry and do not sin. Don’t let the sun go down on your anger,
and don’t give the Devil an opportunity.*
Ephesians 4:26-27

A gentle answer turns away anger, but a harsh word stirs up wrath.
Proverbs 15:1

*May the God who gives endurance and encouragement give you the
same attitude of mind toward each other that Christ Jesus had.*
Romans 15:5 NIV

**All scriptures from HCSB unless otherwise noted*