

## V. REPLACE BITTERNESS WITH FORGIVENESS

A. Bitter people are angry people.

<sup>31</sup> *"Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice."*

Ephesians 4:31

B. Forgive those who hurt you.

<sup>13</sup> *"bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do."* Colossians 3:13

<sup>19</sup> *"Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, 'Vengeance is Mine, I will repay,' says the Lord."* Romans 12:19

## VI. RELEASE ANGER APPROPRIATELY

<sup>26</sup> *"Be angry, and do not sin': do not let the sun go down on your wrath,*

<sup>27</sup> *nor give place to the devil."* Ephesians 4:26-27

A. Attack the problem, not the person.

<sup>29</sup> *"Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers."* Ephesians 4:29

B. Be specific.

<sup>15</sup> *"Moreover, if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother."* Matthew 18:15

Explain it this way: "When you do \_\_\_\_\_, it makes me feel \_\_\_\_\_."

### ESCAPE THE TEMPTATION OF ANGER

<sup>13</sup> *"And do not lead us into temptation, but deliver us from the evil one. for Yours is the kingdom and the power and the glory forever. Amen."* Matthew 6:13

## ESCAPING TEMPTATION Escaping The Temptation Of Anger Pastor Steve Reynolds

### Introduction:

A. Do you struggle with persistent temptations?

Temptation touches every life, often leaving us feeling weary, discouraged, or alone. Yet God speaks hope into our struggle through His Word:

*"No temptation has overtaken you except such is common to man; but God is faithful, who will not allow you be tempted beyond what you are able, but with the temptation will also make a way of escape, that you may be able to bear it"* (1 Corinthians 10:13).

A brief theology of temptation:

- It is not a sin to be tempted.
- We face common temptations.
- There is always a way to escape temptation.

B. In this Escaping Temptation teaching series, we will explore how God meets us in our weakness, strengthens us through His faithfulness, and lovingly guides us toward the way of escape restoring our confidence, renewing our hearts, and leading us into freedom.

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| Feb 22   | Escaping The Temptation Of Lust            |
| March 1  | Escaping The Temptation Of Worry           |
| March 8  | Escaping The Temptation Of Procrastination |
| TODAY    | Escaping The Temptation Of Anger           |
| March 22 | Escaping The Temptation Of Social Media    |
| March 29 | Finding Hope When You Don't Escape         |

TEXT: Proverbs 14:29

King Solomon wrote that wise people escape the temptation of anger.

<sup>29</sup> *"He who is slow to wrath has great understanding, but he who is impulsive exalts folly."*

Proverbs 14:29

## HOW TO ESCAPE THE TEMPTATION OF ANGER

### I. RESOLVE TO MANAGE YOUR ANGER

#### A. Don't make excuses.

<sup>15</sup> *"He who justifies the wicked, and he who condemns the just, both of them alike are an abomination to the LORD."*

Proverbs 17:15

#### B. Do confess and forsake it.

<sup>13</sup> *"He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy."*

Proverbs 28:13

### II. RELY ON THE HOLY SPIRIT

#### A. The world says "ventilate your anger" meaning let it all out. The problem with this treatment is you don't have a set amount of anger, you have a factory.

<sup>1</sup> *"Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members?"*

James 4:1

#### B. Be filled with the Spirit for anger control.

<sup>22</sup> *"But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,*

<sup>23</sup> *gentleness, self-control. against such there is no law."*

Galatians 5:22-23

<sup>1</sup> *"A soft answer turns away wrath, but a harsh word stirs up anger."*

Proverbs 15:1

### III. REMEMBER THE COST OF ANGER

#### A. Angry people pay a price.

<sup>22</sup> *"An angry man stirs up strife, and a furious man abounds in transgression."*

Proverbs 29:22

#### B. Anger will destroy your...

- Home  
Our homes should be a training ground to properly teach children how to handle anger.
- Health  
Angry people develop physical problems.
- Happiness  
Anger robs your happiness.

Bottom line: When you lose your temper, you lose.

### IV. REFLECT BEFORE REACTING IN ANGER

#### A. You almost always say the wrong thing when you don't first stop and think.

<sup>17</sup> *"A quick-tempered man acts foolishly..."*

Proverbs 14:17a

<sup>11</sup> *"A fool vents all his feelings, but a wise man holds them back."*

Proverbs 29:11

#### B. Instead of getting angry, stop and...

- Quote Scripture  
<sup>11</sup> *"Your word I have hidden in my heart, that I might not sin against You."*
- Ask two questions:

Is it really worth being angry at this situation?

Will getting angry change this situation?