

Perfect 10: Manage Your Anger

Do not murder **Exodus 20 v 13 CEV**

The heart of the matter _____

Genesis 2 v 7 NIV

The LORD God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.

Genesis 1 v 27 NLT

So God created people in his own image; God patterned them after himself; male and female he created them.

To kill a person is to kill a living being made in God's image. **Genesis 9 v 6 NLT.**

What about _____

Jesus linked _____ **Matthew 5 v 21-24**

The first human family demonstrates to us that it is very easy for

Genesis 4 v 5-7 NLT

"Why are you so angry?" the LORD asked Cain. "Why do you look so dejected? ⁷ You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master."

How to manage our anger

1. Consider _____

Matthew 5 v 22 NIV "I tell you that anyone who is angry with a brother or sister (without cause) will be subject to judgement."

Ephesians 4 v 26 NIV in your anger do not sin.

2. Press the _____

Proverbs 14 v 17 NLT Short-tempered people do foolish things.

3. Watch our _____

Matthew 5 v 22 NLT

"If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell."

Proverbs 15 v 1 NLT A gentle answer deflects anger, but harsh words make tempers flare.

4. Master our _____

Matthew 5 v 21-22 NLT

"You have heard that our ancestors were told, 'You must not murder. If you commit murder, you are subject to judgment.' ²² But I say, if you are even angry with someone, you are subject to judgement."

5. Count the _____

Matthew 5 v 22 NLT "you are in danger of being brought before the court"
Ephesians 4 v 26 NCV be sure to stop being angry before the end of the day.

6. Pursue _____

Matthew 5 v 23-24 NLT

"So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, ²⁴ leave your sacrifice there at the altar. Go and be reconciled to that person."

Additional Notes