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## Is It Time To Get Off The Emotional Roller Coaster?

"Addressing Our Anger"

05-04-25

Proverbs, Ephesians 4:26-27

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Introduction: Last week we began a new series where we focus on the roller coaster of human emotion.

1. Emotion is a great exaggerator that can lead to tremendous mood swings and erratic behavior.
2. They must be controlled.
3. We started with the emotion of fear, today we address our anger.
4. Anger is a strong feeling of displeasure, annoyance, or hostility.
5. In itself, it is not sin.
6. It's a God given emotion that responds to a perceived injustice and motivates a response.
7. Our problem is since the fall our emotional responses have been corrupted with sin.
8. The result being we can become angry for illegitimate reasons.
9. When this happens, we give Satan a foothold in our lives.
10. Today we will look to scripture to learn how to deal with anger biblically.

### I. Anger Must Be Understood

- A. Evaluate Cause
- B. Reject Sinful Responses
- C. Focus On Solutions

### II. Anger Must Be Controlled

- A. Deal With Anger Immediately
- B. Deal With Anger Completely

Conclusion: Because we live in a broken world, we will deal with anger for the rest of our lives.

1. When handled well, the energy that comes with anger can motivate us to say and do necessary things.
2. When handled poorly, it hinders our relationship with God and man.
3. We must win this battle.
4. We can as we examine our hearts!