

**How Biblical Faith Can Calm My Anger In A Crisis**  
**Sermon Outline**  
**Sermon Series: James — Trial By Fire**  
**Sunday, March 3, 2024**  
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**How Do I Have A Faith That Calms My Anger In A Crisis? I've Got To . . .**

**1. Realize the \_\_\_\_\_ of uncontrolled anger.**

- + *Proverbs 15:18, "Hot tempers cause arguments" (PAR).*
- + *Proverbs 29:22, "A person with a quick temper stirs up arguments and commits a lot of sins" (CEV).*
- + *Proverbs 14:29, ". . . anger causes mistakes" (TLB).*
- + *Proverb 14:29, ". . . if you have a hot temper, you only show how stupid you are" (GNT).*
- + *Proverbs 14:17, "People with a hot temper do foolish things" (GNT).*
- + *Proverbs 14:17, "The hotheaded do things they'll later regret . . ." (MSG).*
- + *Proverbs 11:29, "The fool who provokes his family to anger and resentment will finally have nothing worthwhile left" (TLB).*

**2. Resolve to \_\_\_\_\_ my anger according to God's Word.**

- + *Proverbs 11:29, "'A fool gives full vent to his anger, but a wise man keeps himself under control'"*
- + *Proverbs 29:11, Foolish people let their anger run wild. But wise people keep themselves under control" (NIVR).*

- Resolve means to \_\_\_\_\_.

**3. Reflect \_\_\_\_\_.**

- + *James 1:19-20, "Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; 20 for the anger of man does not produce the righteousness of God" (ESV).*

**How To Reflect Before Reacting**

**a. Choose to remain \_\_\_\_\_ so I can \_\_\_\_\_ > ". . . be quick to hear . . ."**

- The Greek New Testament word translated as "hear" is [ἀκούω, akouo] and it means more than hear. When you are angry, you hear what is being said but you are not giving that person our undivided attention. This word means "to \_\_\_\_\_."
- When you get angry, don't \_\_\_\_\_ first; \_\_\_\_\_ first.

**b. Be slow to \_\_\_\_\_.**

- + *Proverbs 29:11, "A stupid man gives free rein to his anger, but a wise man waits and lets it grow cool" (NEB).*
- + *Proverbs 10:19, "The more you talk, the more likely you are to sin. If you are wise, you will keep quiet and listen" (TEV).*
- + *Proverbs 13:3, "Someone who thinks and listens before he speaks will keep his life safe. But someone who talks too much will destroy himself" (ERV).*
- + *Proverbs 17:28, "Even a fool who keeps silent is considered wise; when he closes his lips, he is deemed intelligent" (ESV).*

**c. Be slow to \_\_\_\_\_. why does James say be slow to speak? Because \_\_\_\_\_ control is basically a matter of \_\_\_\_\_ control. You tame your \_\_\_\_\_ by taming your \_\_\_\_\_.**

- + *Proverbs 19:11, "A man's understanding makes him slow to anger (NLV).*

**Three Questions To Ask Yourself When Holding Back Your Anger To Understand**

- a. \_\_\_\_\_ am I angry?
- b. \_\_\_\_\_ do I really want because something is frustrating?
- c. \_\_\_\_\_ is the best way God say I should go about getting it?

### Three Root Causes of Most Anger

- a. \_\_\_\_\_ when we are \_\_\_\_\_ emotionally or physically.
- b. \_\_\_\_\_ when you get irritated either from waiting or nothing works or you have no control.
- c. \_\_\_\_\_ > When we get threatened, when we feel attacked, when we feel afraid, we get angry. Anger and insecurity go together. The more insecure I feel, the more angry I'm going to be.

#### 4. Release my anger in a \_\_\_\_\_ and \_\_\_\_\_.

- + *Ephesians 4:26*, "If you become angry, don't let your anger lead you into sin" (TEV).
- + *Proverbs 15:1*, "A gentle answer, a gentle answer quiets anger, but a harsh one stirs it up" (TEV).
  - There is a word for repressed anger — \_\_\_\_\_. The right way to express your anger is not to \_\_\_\_\_ it, but to \_\_\_\_\_ it.

#### 5. Retrain my \_\_\_\_\_.

- + *Romans 12:2*, "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think" (NLT).
  - The way I \_\_\_\_\_ determines the way I \_\_\_\_\_ and the way I feel determines the way I \_\_\_\_\_.
- + *Proverbs 22:24*, "Don't hang out with angry people; don't keep company with hotheads. Bad temper is contagious— don't get infected" (MSG).
- + *Proverbs 11:29*, "If you exploit or abuse your family, you'll end up with a fistful of air; common sense tells you it's a stupid way to live" (MSG).
- + *Colossians 3:19*, "You husbands must love your wives, never treat them harshly" (NLT).

#### 6. Request God to fill me with \_\_\_\_\_.

- + *1 Corinthians 13:5*, "Love . . . is not easily angered . . ." (NET).
- + *Romans 15:5*, "Patience, encouragement and encouragement come from God" (PAR).
- + *Galatians 5:22*, "The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness . . ." (ESV).
- + *Matthew 12:34b*, Jesus said, "Whatever is in your heart determines what you say" (NLT).
  - The \_\_\_\_\_ of the problem is the problem of the \_\_\_\_\_.
- + *Matthew 5:21-24*, "You have heard that it was said to those in the past, 'Thou shalt not commit murder,' and whosoever shall commit murder shall be guilty of the judgment; <sup>22</sup> but I say unto you, Whoever is angry with his brother without a My Word justifying it and is out of control shall be in danger of the judgment and punishment. <sup>23</sup> So if you are offering your gift at the altar and there remember that your brother has something against you, <sup>24</sup>leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift" (ESV).

#### 7. Refuse to let my anger \_\_\_\_\_ > ". . . so if you are offering your gift . . ."

#### 8. Repel my anger from \_\_\_\_\_ > "first be reconciled to your brother . . ."

#### 9. Recognize my \_\_\_\_\_ > "leave your gift at the altar . . ."

#### 10. Relay my \_\_\_\_\_ > "be reconciles to your bother and then come and offer your gift."