



## Bible Study

Wednesday, October 25, 2023

### “HOW TO DEAL WITH HOW YOU FEEL”

Just because you are a Christian does not mean that you are exempt from uncontrolled emotions. If we do not learn how to control our emotions, our emotions will control us. In this Bible Study series, based on the book of the same title by Dr. James Merritt, we will look at topics that affect our emotions and more importantly how to control those emotions. In other words, my prayer is that these lessons will help you to “Deal with How You Feel.”

### ANGER

**Definition:** A strong feeling of displeasure that leads to an emotional outburst.

#### I. Anger Is an Emotion Given to Us by God

*Ephesians 4:26a*

1. God gets angry
2. Jesus got angry
3. There are some things that should make Believers angry.

*Psalms 7:11*

*John 2:13-16*

*1st John 2:15-16*

#### II. However, Our Anger Should Not Lead Us to Sin

*Ephesians 4:26b*

1. Believers should be able to confine our anger.

*James 1:19-20*

#### III. How To Handle Anger Biblically

1. Think about what to say before you say it.
2. Put away things that may cause you to get angry.
3. Choose carefully those you hang out with.
4. Do your part to prevent getting angry.
5. When our anger allows us to sin, ask for God’s forgiveness.

*Ephesians 4:29*

*Ephesians 4:31-32*

*Matthew 10:16*

*Romans 12:18*

*1st John 1:9*

Brothers and Sisters, overcoming anger is not accomplished overnight. But through prayer, Bible Study, and being led by the Holy Spirit, we can be victorious over anger!