



PART 3: ANGER—ITS SOURCE AND SOLUTIONS

What Causes Anger?

(James 4:1-3 NCV) Do you know where your fights and arguments come from? They come from the selfish desires that war within you. You want things, but you do not have them. So you are ready to kill and are jealous of other people, but you still cannot get what you want. So you argue and fight. You do not get what you want, because you do not ask God. Or when you ask, you do not receive because the reason you ask is wrong. You want things so you can use them for your own pleasures.

✓ The source of true anger is _____ within you.

The Solution To Anger

1. Decide you want to _____ and _____.

(James 4:7-10 MSG) So let God work his will in you. Yell a loud no to the Devil and watch him make himself scarce. Say a quiet yes to God and he'll be there in no time. Quit dabbling in sin. Purify your inner life. Quit playing the field. Hit bottom, and cry your eyes out. The fun and games are over. Get serious, really serious. Get down on your knees before the Master; it's the only way you'll get on your feet.



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**2. Stop _____ to fill needs
in your life that _____ can meet.**

(James 4:2-3 NLT) ...Yet you don't have what you want because you don't ask God for it. And even when you ask, you don't get it because your motives are all wrong—you want only what will give you pleasure.

3. Choose _____ over _____.

(James 4:6-7 MSG) It's common knowledge that "God goes against the willful proud; God gives grace to the willing humble." So let God work his will in you...

**4. Invite Jesus to manage your _____
and _____.**

(Colossians 3:15 NCV) Let the peace that Christ gives control your thinking, because you were all called together in one body to have peace. Always be thankful.

(Galatians 2:20) I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

(1 Corinthians 15:31 NKJV) ...I die daily.

✓ **To find life, _____.**

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