

Coping With Anger And Hate

"Be angry, and do not sin: do not let the sun go down on your wrath." Ephesians 4:26 (New King James Version)

_____ born of anger and hatred has become _____.

The Bible Warns Of The Dangers Of Anger And Hate

A. Examples are given to warn us of the dangers:

1. Genesis 4:5 - _____ was led to _____ his brother because of his anger.
2. 2 Samuel 13:32 - Absalom harbored hatred for _____ years before he finally _____ his _____.

B. Admonitions are given to warn us of the dangers:

1. Leviticus 19:17,18 - Israel was warned not to _____ others in their _____, nor to bear any _____.
 2. Ephesians 4:26,27 - If _____ is allowed to remain we may give _____ to the _____.
 3. 1 John 3:14,15 - He who _____ his brother is a _____.
- C. Jones: A _____, when angry, will _____ itself!

A Short Course In How To Cope With Anger And Hate

A. **Consider the Lord's questions about anger:**

1. Genesis 4:6,7 - God asked _____ if he knew _____ he was _____. That's a good question to ask ourselves.
2. Jonah 4:9 - God asked _____ if it was _____ for him to be angry. _____ obviously didn't think it was!

B. **Consider Jesus' example and teachings:**

1. Mark 3:5 - Jesus was _____, but He didn't allow this to _____ Him from doing what was _____.
2. 1 Peter 2:21-23 - Jesus gave us an _____ to _____. He _____ Himself to Him who _____ righteously.
3. Luke 17:3,4 - When someone _____ against us, we are to _____ them. If they _____, we must _____ them.

C. A _____ takes matters into his own hands. Do we turn things over to the _____, or handle them ourselves?

Romans 12:17-21 - We must _____ evil with _____!

Washington: "I will _____ no man to narrow and degrade my soul by making me _____ him."

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