

# Spewers & Stuffers & Leakers, Oh My! (part 2)

## **ANGER: PRACTICAL HELP WITH A POWERFUL EMOTION**

*Ecclesiastes 7:9 Do not be quickly provoked in your spirit, for anger resides in the lap of fools.*

### **STUFFERS**

1. Those who \_\_\_\_\_ -
2. Those who \_\_\_\_\_ -

### **The Costly Consequences**

1. Emotional Cost -
2. Relational Cost -

*Ephesians 4:26-27 And don't sin by letting anger gain control over you. Don't let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil.*

3. Physical Cost -

### **LEAKERS**

1. Subversive, \_\_\_\_\_ ways with behavior
2. Letting out little bits of \_\_\_\_\_ displeasure, but usually not to the person involved.

*James 4:1-3 What causes fights and quarrels among you? Don't they come from your desires that battle within you? 2 You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God. 3 When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.*

1. Emotional Cost -
2. Relational Cost -

*Ephesians 4:15 Speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ.*