

Telling the Truth about what we are owed

THE PERFECT GUIDE TO BEING MISERABLE

A MISBELIEF IS SOMETHING WE TELL OURSELF THAT APPEARS TRUE AND WHEN REPEATED OFTEN ENOUGH, WE BELIEVE IT TO BE TRUE.

Proverbs 23:7 *For as man thinks in his heart, so is he.*

Proverbs 4:23 *Above all else, guard your heart, for everything you do flows from it.*

Ephesians 4:26 *In your anger, do not sin.*

Anger is not a _____.

Anger is the result of not getting something we _____.

What we want may also include what we _____.

Proverbs 13:12 *Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.*

The root of anger is the _____ that something has been taken.

We have to differentiate between what _____ to be and what actually is.

The person who drops the misbeliefs will _____, even if the other person does not change.

The constant repeating of _____ is what sustains and perpetuates angry resentment. The constant repeating of the _____ generates peace and health.

Misbeliefs about anger:

1. Anger is _____ and if I'm a good Christian, I will never get angry.
2. Anger _____ means to yell and throw things or do whatever else it takes to "drain off" the emotion.
3. If I do get angry, it's always better for me to _____ the anger than to express it.
4. I have every _____ to be angry when another person does not live up to my expectations. I have no _____ but to stay angry as long as things don't change.
5. It is outrageous and insufferable when others do things I don't like, or if they _____ to treat me as well as I ought to be treated.

Truths about anger:

1. Anger is not always _____.

Ephesians 4:26-27 In your anger do not sin: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.

“FOOTHOLD” (TOPOS) – A PLACE OR PORTION OF SPACE MARKED OFF IN ORDER TO _____.

ASK YOURSELF: WHAT AM I _____ MYSELF ABOUT THIS PERSON OR SITUATION?

2. Sometimes it's better to _____ your anger.

Matthew 18:15 "If another believer sins against you, go privately and point out the offense. If the other person listens and confesses it, you have won that person back."

3. Self-control does not mean I swallow my anger and _____ everything is fine.

4. I _____ have every right to be angry when another person does not live up to my expectations. I ____ have a choice whether or not I remain angry.

5. It is not _____ or even especially unusual if others do things I don't like or fail to treat me as well as I treat them.

James 1:19-20 Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires.

Don't let misbeliefs have room in your mind without _____ coming against them with the truth.

John 16:13 When the Spirit of truth comes, he will guide you into all truth.

Instead of praying the problem, pray the _____.

Quick Tips for Anger:

Don't be upset _____ someone becomes angry with you.

Don't _____ behavior just to prevent others from getting upset with you.

Be careful not to _____ angry outbursts of others.

Be _____ and God-honoring.

When there is truth in an accusation directed at you, _____ it.

Give others the right to be _____ with you sometimes and don't be offended when it happens.

Sometimes the anger vented at you has _____ to do with you at all.