



### Announcements:

- May 15<sup>th</sup>: Friday Game-night @ the Reasens
- May 21<sup>st</sup>: College Student Welcome Home (12-2pm; 2-3pm)
- June 1<sup>st</sup>: Welcome High School Seniors
- June 11<sup>th</sup>: Midwest Singles Conference (all day)

**MIDWEST SINGLES  
CONFERENCE**

06.11.22 • 9AM-4PM  
COLONIAL HILLS BAPTIST CHURCH  
INDIANAPOLIS, IN

REGISTER AT [SINGLEFOCUSINDY.ORG](http://SINGLEFOCUSINDY.ORG)



### Lesson 6:

### Flaring Your Nostrils: A Lesson on Anger

#### The Attributes of Anger

- Forms of Anger:
  - Short-tempered (Prov. 12:16; 14:17).
  - Bitterness (Prov. 14:10)
  - Wrath (Prov. 15:1)
  - Rage (Prov. 19:3)
  - Lying and Slander (Prov. 10:18).
- Sources of Anger:
  - Anger is an issue of the heart (Prov. 14:10; Matt. 5:21-22).
  - Anger is often directed at God (Prov. 16:4; 19:3).
  - Anger comes from a lack of proper perspective (Prov. 14:29).
  - Jealous anger is the worst kind (Prov. 6:34-35; 27:3-4).
- Approaches to Anger:
  - Vent it out (Prov. 12:16; 14:29; 25:28).
  - Provoke it (Prov. 15:1, 18; 20:2; 22:8; 29:22; 30:33).
  - Defuse it (Prov. 15:1; 16:14, 24; 21:14; 29:8).
  - Dismiss it (Prov. 14:29; 19:11).
  - Excuse it.

#### The Effects of Anger

- No peace or rest (Prov. 29:9; 30:33).
- Anger brings more anger (Prov. 15:18; 19:11; 29:22; 30:33)
- Anger results in repeated punishment (Prov. 19:19).
- Anger can destroy relationships with authorities (Prov. 14:35; 19:12; 20:2).
- Anger can lead to death (Prov. 16:14).
- Anger brings on Failure (Prov. 22:8).

