



THE BAGGAGE OF ANGER
JAMES 1:19-21

Anger is a natural human emotion that one cannot prevent themselves from experiencing all the time. That is why Scripture does not condemn anger in and of itself. However, anger can become baggage when either the source of it or the handling of it contradicts the teachings of Scripture. This week, as we continue our study of baggage, we focus on the baggage of anger in an attempt to not only identify it, but also to check it.

WHAT MAKES ANGER BAGGAGE?

Ephesians 4:26 says, “Be angry and do not _____,” which implies that _____ anger is not a sin, but _____ anger can be.

1. Some people handle their anger by _____ (Proverbs 29:11; 14:29).

2. Some people handle their anger by _____ (Ecclesiastes 7:9).

WHAT DOES THE BIBLE SAY ABOUT ANGER?

1. Anger is a _____ to the _____ (Mark 3:1-6; 10:13; John 2:13-17; Mark 12:29-31).

2. Anger is a _____ for the _____ (Proverbs 25:28; Ephesians 4:26-27; 5:1; James 1:19).

HOW DOES ONE CHECK THE BAGGAGE OF ANGER?

James 1:19 says, “let every person be quick to _____, slow to _____, slow to _____.” Based on James’ instruction, the strategy for checking the baggage of anger must involve:

1. Being quick to listen to _____ (Exodus 32:7-14; Proverbs 12:15) and to _____ (Luke 22:40; 2 Timothy 3:16; Ephesians 4:31; Colossians 3:8).

2. Being slow to _____ to an anger-inducing situation (Galatians 5:19-23; Proverbs 19:11; Matthew 5:38-42).



MY WORSHIP NOTES

Listen and write down notes from today's singing and sermon!

Name: _____ Date: _____

Circle One: **Sunday** **Wednesday** Circle One: **Morning** **Evening**

**LIST THE SONGS
THAT WE SANG:**



What Scripture was Read? _____

What was the Sermon Title? _____



Make a mark for each time you hear these words in the sermon:

GOD	JESUS	BAGGAGE	ANGER
HEART	DEVIL/SATAN	SLOW	LISTEN

**WRITE DOWN THE BIBLE
VERSES THAT WERE
USED IN THE SERMON:**

DRAW A PICTURE BASED ON TODAY'S LESSON