

# An Attack on Anger

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Consult [www.gigr.org/Forms/Bible Study Basics](http://www.gigr.org/Forms/Bible%20Study%20Basics)

Study the following Verses:

- Matthew 5:22
- Mark 3:5
- Ephesians 4:26-32
- James 1:19,20
- Numbers 20:1-13
- Romans 12:3
- Proverbs 29:11
- Proverbs 15:18
- Proverbs 22:24,25
- Proverbs 19:19

List people you are angry toward or things you are angry about:

- Spouse
- Friends
- Work
- Finances
- Attitudes
- Past
- Sins
- Parents
- People

### Wrong Way to Handle Anger

Ephesians 4:26,27 (Refuse to admit you are angry. Clam up and pretend nothing is wrong. Make this way of dealing with anger a practice. Pick a fight as soon as you can. Be as nasty as you can).

- Proverbs 29:11,20
- Matthew 5:21,22
- Ephesians 4:31
- Proverbs 26:21
- Proverbs 15:1
- Colossians 3:8
- Romans 12:17,19
- 1 Peter 3:9
- 1 Corinthians 13:5
- Philippians 4:8
- Proverbs 17:14

### Correct Ways to Handle Anger

- Ephesians 4:29
- Ephesians 4:32
- Matthew 5:43,44
- Proverbs 19:11
- Proverbs 15:1
- Proverbs 15:28
- Proverbs 25:28
- Proverbs 14:29
- Proverbs 29:11
- Psalm 37:1-11

- 1 Peter 3:9
- Galatians 6:16-23
- Romans 8:28,29
- Matthew 5:1-12
- 1 Thessalonians 5:18
- Ephesians 5:20
- 1 Corinthians 10:13
- Genesis 50:20
- James 4:6
- 1 Corinthians 6:19,20
- Matthew 18:21-35