

Ugh! Dealing with Anger, Frustration, and All That
Part 1: Matthew 5:20-26

Frustration comes from:

1. What some else had _____ or failed to do.
2. Unwanted _____ or circumstances.
3. Our _____ failures or inability to reach desired goals.

Anger is expressed in three ways:

1. _____ displayed
2. Deliberately _____
3. Unconsciously shown

Sinful anger focuses on punishing the _____ rather than the moral content of the offense.

End Goal: Righteousness. To be able to _____ in front of God and others without shame, guilt, or hard feelings.

Statement: Until you recognize how you've _____ anger in other's lives and _____ reconciliation, you won't be ready to deal with the anger others have caused in your life.

Study of Matthew 5:21-26

Going:

1. _____: Is this necessary?

2. _____: Second guessing

3. Concerted _____: The longer you wait, the further you'll have to go.

Remember:

1. This journey is about _____ sin against them.

2. You don't deserve their _____ or forgiveness.

3. God is at _____ and bringing freedom.

Template for "What to Say":

**I want to tell you that I'm sorry for _____ (Name the attitude or action)_____.
I don't deserve your time or your forgiveness but I am here to make right what
I did wrong. Will you forgive me?**