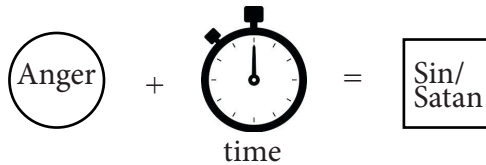




1. Letting anger control you is dangerous.



2. How do you express anger?

- Stewers (Psalms 32:3)
- Spewers (Prov 29:11)

3. What to do with anger?

- Crucify it (Gal 5:24)
- Prepare for it (Gal 5:16)
- Get help for it (James 5:16)

Study Questions: Prepare to Break Free from Anger

1. What are some “terms” you may have heard used to describe an “angry” person?
2. Do you think of yourself as a candidate for an Anger Management class? Why or why not?
3. How can anger hold us “Hostage” in our relationships with others?
4. Are you a ‘stewer’ or a ‘spewer’?
 - Describe a situation where you’ve gotten angry and maybe even “lost it” (spewer) or held it in and then it leaked out in some other area of life (stewer).
5. What anger is taking your focus off of God and holding you “Hostage?”
6. What steps will you take to respond to your anger?



Subscribe to our YouTube Channel or Podcasts to view weekly messages.
Go to www.onthejourney.ca and follow the links.