

# ROLLER COASTER

DEALING BIBLICALLY WITH LIFE'S EMOTIONAL UPS AND DOWNS

## From Anger to the Fruit of the Spirit – James & John Luke 9:51-56

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### Introduction:

- “Don’t make me angry. You wouldn’t like me when I’m angry.”
- Ecclesiastes 7:9
- Proverbs 29:11
- Luke 9:51-56
- Mark 3:17 – “the sons of thunder”

### I. Anger’s Characteristics

#### 1. Anger is \_\_\_\_\_ Energy

- Ephesians 4:26-27

#### 2. Anger is \_\_\_\_\_ to God

- Luke 9:55b-56a
- James 1:20
- Colossians 3:8

#### 3. Anger is a \_\_\_\_\_ to our Christian Witness

- 2 Corinthians 6:3

### II. Anger’s Remedy

- Galatians 5:22-23a
- Philippians 2:12b-13

### Conclusion:

- Anger is just one letter away from \_\_\_\_\_.