

Beneath the Surface

Anger

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Angry people tend to:

Be overly _____ and _____.

See themselves as _____.

Experience physical and mental health _____.

Experience _____ professional and personal relationships.

Matthew 5:22-24 CSB

How do we overcome anger?

1. _____knowledge your _____.(Matthew 11:28-30)
2. _____ever let the devil gain a stronghold in your life. (Ephesians 4:26-28)
3. _____race is better than anger. (Romans 12:18-21)
4. _____xtend forgiveness. (Colossians 3:12-14)
5. _____econciliation is the goal. (Matthew 5:22-24)

Soul Tattoo: Ask God to reveal and heal your anger today.

Action Step: Write down areas in your life where you're experiencing anger and hand it over to the Lord.

*If you have immediate Care needs, please reach out to our Care team:
Care@TransformationChurch.tc.*