

Materials for this Lesson

Answer These

List a time when your anger was good, not evil.

What percentage of the time is your anger good?

What are other ways people express anger differently from yours?

What intensity does your anger typically have?

List one person, you know, that is never angry.

How does anger, as a gift of God, impact you?

Remember This

Anger is common among all people.

Anger is not good, bad but neutral because it is an emotion.

What is good or bad is our expression of Anger. That is our behavior.

Anger is a gift from God to allow us to fellowship with Him.