

**THE LIFE  
OF MOSES**  
EXPERIENCE THE  
IMPOSSIBLE

**#21: MASTER THE  
MONSTER**  
EXODUS 20:13  
JIM HINTON

For I can do everything through Christ, who gives me strength.  
Philippians 4:13 (NLT)

## I. ANGER AND THE SIXTH COMMANDMENT

- ① Every human life is \_\_\_\_\_ and precious because that person is created in the image of God.

And I will require the blood of anyone who takes another person's life. If a wild animal kills a person, it must die. And anyone who murders a fellow human must die. If anyone takes a human life, that person's life will also be taken by human hands. For God made human beings in his own image.

Genesis 9:5-6 (NLT)

- ② Jesus' restatements of the Law of Moses "raised the bar" of \_\_\_\_\_ to include attitudes and not just physical actions (See Matthew 5:21-22)

## II. THE TRUTH ABOUT ANGER

- ① Anger itself is not necessarily \_\_\_\_\_.

- ② There is "\_\_\_\_\_ anger" and "wrong anger".

- Right anger is when I get angry at the things that \_\_\_\_\_ gets angry at and express that anger appropriately.

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.

Ephesians 4:26-27 (NIV)

- **Wrong anger becomes \_\_\_\_\_ when I am angry for the wrong reason and express it in the wrong way.**

**Examples of mismanaged anger:**

⇒ \_\_\_\_\_:

⇒ \_\_\_\_\_:

⇒ \_\_\_\_\_:

An angry person causes trouble; a person with a quick temper sins a lot.  
Proverbs 29:22 (NCV)

To worry yourself to death with resentment would be a foolish, senseless thing to do.  
Job 5:2 (TEV)

### **III. WAYS TO MASTER THE MONSTER OF ANGER**

#### **1 \_\_\_\_\_ and take a “time out” to pray and get control of my emotions.**

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4:6-7 (NLT)

But when the Holy Spirit controls our lives he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control...

Galatians 5:22-23a (TLB)

A truly wise person uses few words; a person with understanding is even-tempered.  
Proverbs 17:27 (NLT)

#### **2 \_\_\_\_\_ and address the real source of my anger.**

Don't sin by letting anger control you. Think about it overnight and remain silent.  
Psalm 4:4 (NLT)

A person's thoughts are like water in a deep well, but someone with insight can draw them out.  
Proverbs 20:5 (TEV)

Don't make friends with people who have hot, violent tempers. You might learn their habits and not be able to change.

Proverbs 22:24-25 (TEV)

The fear of human opinion disables; trusting in God protects you from that.

Proverbs 29:25 (The Message)

**3** \_\_\_\_\_ the "cache memory" of hurts and offenses every 24 hours.

Be angry without sinning. Don't go to bed angry. Don't give the devil any opportunity to work.

Ephesians 4:26-27 (GWT)

**4** \_\_\_\_\_ the energy of my anger into godly and constructive action.

You must do these things to enjoy life and have many happy days... Stop doing evil and do good. Look for peace and work for it.

Psalm 34:12-24 (NCV)

**5** \_\_\_\_\_ go of the pain of my past through forgiveness.

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Ephesians 4:31-32 (NLT)