



YOU SHOULD BE MAD | WEEK 4
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God created you to thrive.

“The thief’s purpose is to steal and kill and destroy. My purpose is to give them a **rich** and **satisfying** life.” *John 10:10*

LIE: You should be _____.

“Anger is extraordinarily easy. It’s our default setting.” – Brant Hansen

We get mad because things don’t _____.

“Stepping out of anger means you are surrendering your will to God. It means you have accepted that you don’t have to have your own way.”
– Dallas Willard

The real damage is _____ by what we _____ out of anger.

Short-tempered people do **foolish** things... *Proverbs 14:17*

“Get your swords!” was David’s reply as he strapped on his own. Then 400 men started off with David... “May God strike me and kill me if even one man of his household is still alive tomorrow morning!”
1 Samuel 25:13,22

TRUTH: You can’t thrive unless you _____ being mad.

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. *Ephesians 4:31*

Anger causes you to miss the _____ of _____.

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and **slow to get angry**. Human anger does not produce the **righteousness** God desires. *James 1:19-20*

Anger destroys you _____.

“For every minute you are angry, you lose sixty seconds of happiness.”
– Ralph Waldo Emerson

1. _____ yourself.

“Perhaps a big part of being less offendable is seeing the human heart for what it is: Untrustworthy. Unfaithful. Prone to selfishness. Got it. Now we don’t have to be shocked.” – Brant Hansen

“I can’t believe...”

2. Choose to forgive _____ the offense happens.

“...and forgive us our sins, as we have **forgiven those who sin against us**.” *Matthew 6:12*

3. Say this to yourself, “_____.”

You may think you can condemn such people, but you are just as bad, and you have no excuse! When you say they are wicked and should be punished, you are condemning yourself, for you who judge others do these **very same things**. *Romans 2:1*

“Whenever you are about to find fault with someone, ask yourself the following question: What fault of mine most nearly resembles the one I am about to criticize?” – Marcus Aurelius

Will you stop being mad?

To further explore and apply this message with your small group, visit eclife.org/groups to access this week’s group discussion questions.