

LIFE MATTERS - The Book of James
Week Four: "Controlling Our Inner Fire"

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"What you say flows from what is in your heart."
Luke 6:45 NLT

James 1: 19-27

1. It is not _____ for your first reaction to occasionally be anger.

Eph. 4:26

2. While anger is understandable, it is never a _____ in a Godly life.

The problem with out of control anger:

A. It dulls our _____.

B. It _____ our tongue (Prov. 29:11).

C. It weakens our _____ (James 1:21; Prov. 14:17).

So, when a Christian is angry...

1. Try to live in _____.

2. Swallow your _____ (Prov. 15:1).

3. _____ the _____, **just don't listen to it (James 1:22).**

4. Restrain your _____ **until it is under God's control (James 1:26).**

5. Replace anger with _____.