

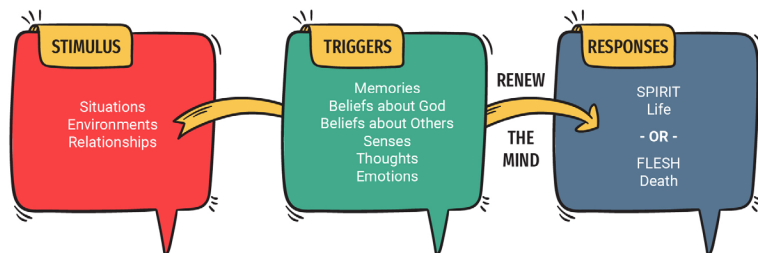
NOTES

Triggers

Message Two | What Do We Do With Our Anger?

Trigger: A stimulus that shapes our thoughts and actions and demands a response.

HOW TRIGGERS WORK...



Romans 12:2, Galatians 5:16, Numbers 20:1-12

Anger: a strong feeling of intense displeasure, hostility, or indignation that results from a real or imagined threat, insult, frustration, or injustice toward yourself or others.

Ephesians 4:26-27 _____

Three Steps To Tame Your Anger:

1. Be _____.



2. Be _____.

Numbers 20:6, Psalm 142:2 _____

3. Be _____.

Numbers 20:8, 10-11 _____

What is God speaking to me? Who can I invite to church this week? _____

All Scripture is from the New King James Version (NKJV) of the Bible.
View message notes online at ChurchoftheKing.com/youversion.