

# *Ephesians Anger Checklist*



## *Assess Your Primary Emotion:*

Does my anger stem from loss of control, hurt, or indignation about wrongs?

## *Take Off Your Mask:*

Open up about what hurt you and talk through your feelings (Ephesians 4:25–26).

## *Deal with Issues and Confront:*

Communicate issues clearly and early. Be sure the goal is resolving issues, not getting back at people (Ephesians 4:28).

## *Don't Let Anger Fester and Rot:*

Unresolved anger is a written invitation to the enemy to exploit us in wounding others and ourselves (Ephesians 4:29).

## *God Cares Deeply About Your Anger:*

Turn your anger over to God. His heart aches when we allow rages, resentment, or bitterness to root (Ephesians 4:30).

## *Replace Anger with Forgiveness and Compassion:*

Because God has forgiven us so much; we need to be willing to forgive others (Ephesians 4:32).

