

## LIFESTYLE

The Power of Choosing Wisely

### Lesson 2: Anger

#### **JAMES 1:19-25 (NLT)**

<sup>19</sup>Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. <sup>20</sup>Human anger does not produce the righteousness God desires. <sup>21</sup>So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls.

<sup>22</sup>But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. <sup>23</sup>For if you listen to the word and don't obey, it is like glancing at your face in a mirror. <sup>24</sup>You see yourself, walk away, and forget what you look like. <sup>25</sup>But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.

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## ANGER

1. Be willing to face your anger
2. Spend more time listening and less time talking
3. Replace anger with acts of kindness

### FOR KEEPS [MEMORY VERSE]

*"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 NLT).*

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