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## Throw Out These Fits – Ephesians 4:26–27

### Main Idea

Jesus has changed your life—now change your clothes. As believers, we are called to put off our old self—including sinful anger—and live out our new identity in Christ.

### Take Off Losing Your Temper (Ephesians 4:26–27)

- A. Because Anger Tends to Sin (v. 26)
- B. Because Anger Typically Stews (v. 26)
- C. Because Anger Triggers Satan (v. 27)

***Q1: What is your main takeaway from the sermon/text that was preached?***

***Q2: What are the reasons we might justify sinful anger? Why are these reasons illegitimate?***

***Q3: What does Holy Anger look like and what should we be angry about in our day?***

***Q4: How does the gospel give hope to those with an anger problem?***

***Q5: How can we pray for you?***