

## **Introduction: $AQ = (E + P) \times O426$**

**Anger Quotient = (Environment + Perspective) x Obedience to Ephesians 4:26**

*“Be angry, and yet do not sin; do not let the sun go down on your anger.”*

Ephesians 4:26 (NASB)

## **I. Environment**

- **Question -**
- **Answer -**
- **Key -**
- **Goal -**

- **Minimize Stress**

1. Eliminate hurry –
2. Downsize expectations –
3. Learn to say no –
4. Admit mistakes and imperfections –
5. Laugh more—don't take life or yourself too seriously –
6. Take care of yourselves –
7. Know what triggers your anger –

HALT: Stop when you're hungry, angry, lonely, or tired

## II. Perspective

- **Maximize God**

1. Get right with God: believe in Him, confess your sins, forgive others. *James 4:7-8*
2. Experience God's unconditional love and acceptance. *Zephaniah 3:17*
3. Accept who God made you to be. *Psalms 139:13-16*
4. Trust God and His sovereignty—let Him be in control. *Isaiah 40:25-28*
5. Be merciful. *Luke 6:35-36*
6. Pray about everything. *Philippians 4:6-7*

### Application Questions:

1. Have you experienced a time when your angry attitude was transformed due to a new or changed perspective? If so, what did you learn from that process? If not, what have you learned in this chapter that could help?
2. What things do you wish were different in your life? What degree of anger do you sense as a result of those things?
3. In what ways might God's love change your perspective on yourself if it really sank into your heart? In what ways might His sovereignty do the same if your mind could truly grasp it?
4. How do you think God wants you to respond to Him right now?