

No Perfect People Allowed Anger Management

1) Trigger #1. Angry with _____

One day, after Moses had grown up, he went out to where his own people were and watched them at their hard labor. He saw an Egyptian beating a Hebrew, one of his own people. Glancing this way and that and seeing no one, he killed the Egyptian and hid him in the sand. The next day he went out and saw two Hebrews fighting. He asked the one in the wrong, "Why are you hitting your fellow Hebrew?" The man said, "Who made you ruler and judge over us? Are you thinking of killing me as you killed the Egyptian?" Then Moses was afraid and thought, "What I did must have become known." When Pharaoh heard of this, he tried to kill Moses, but Moses fled from Pharaoh and went to live in Midian. Exodus 2:11-15

2) Trigger #2- Angry with _____

Now the LORD had said to Moses, "I will bring one more plague on Pharaoh and on Egypt. After that, he will let you go from here, and when he does, he will drive you out completely... So Moses said, "This is what the LORD says: 'About midnight I will go throughout Egypt. Every firstborn son in Egypt will die, from the firstborn son of Pharaoh, who sits on the throne, to the firstborn son of the slave girl, who is at her hand mill, and all the firstborn of the cattle as well. There will be loud wailing throughout Egypt—worse than there has ever been or ever will be again. But among the Israelites not a dog will bark at any man or animal.' Then you will know that the LORD makes a distinction between Egypt and Israel... Then Moses, hot with anger, left Pharaoh. The LORD had said to Moses, "Pharaoh will refuse to listen to you—so that my wonders may be multiplied in

Egypt." Moses and Aaron performed all these wonders before Pharaoh, but the LORD hardened Pharaoh's heart, and he would not let the Israelites go out of his country. Exodus 11:1,4-7.9,10

3) Trigger #3- Angry with _____

Now there was no water for the community, and the people gathered in opposition to Moses and Aaron. They quarreled with Moses and said, "If only we had died when our brothers fell dead before the LORD! Why did you bring the LORD's community into this desert, that we and our livestock should die here? Why did you bring us up out of Egypt to this terrible place? It has no grain or figs, grapevines or pomegranates. And there is no water to drink!" Moses and Aaron went from the assembly to the entrance to the Tent of Meeting and fell face down, and the glory of the LORD appeared to them. The LORD said to Moses, "Take the staff, and you and your brother Aaron gather the assembly together. Speak to that rock before their eyes and it will pour out its water. You will bring water out of the rock for the community so they and their livestock can drink." So Moses took the staff from the LORD's presence, just as he commanded him. He and Aaron gathered the assembly together in front of the rock and Moses said to them, "Listen, you rebels, must we bring you water out of this rock?" Then Moses raised his arm and struck the rock twice with his staff. Water gushed out, and the community and their livestock drank. But the LORD said to Moses and Aaron, "Because you did not trust in me enough to honor me as holy in the sight of the Israelites, you will not bring this community into the land I give them." Numbers 20:2-12

1. I'm learning to use anger as an _____ of something deeper
2. I'm learning to not be _____ in dealing with anger.
3. I've tried to dial down my need for my own _____.

