

SERMON OUTLINE
THE HIGH ROAD – WEEK 1:

Barricading Your Anger

May 16 & 17, 2026 - Pastor John Zahrte

Intro: Proverbs 16:32; Proverbs 12:16; Ephesians 4:26

- I. Inappropriate ways to express anger
 - a. The _____ (Genesis 4:5 and 8)
 - b. The _____ (Jeremiah 15:17b-18a)
 - c. The _____ (Luke 14:28)
 - d. The _____ (Luke 6:11)

- II. Tips to help you barricade your anger
 - a. _____ the cost (Proverbs 29:22; Proverbs 14:29)
 - b. Look beyond the _____ to their _____ (Proverbs 19:11)
 - c. _____ before reacting (Proverbs 13:16; Proverbs 29:11)
 - i. Three questions to ask
 1. _____ am I angry?
 2. What do I _____?
 3. How do I _____?
 - ii. Common causes of anger
 1. A cause of anger is _____
 2. A cause of anger is _____
 3. A cause of anger is _____
 - iii. Proverbs 17:27
 - d. _____ for help (Psalm 141:3; Galatians 5:22)
 - e. Base your _____ in Jesus
 - i. Romans 6:4
 - ii. Colossians 1:13-14

This week, I will...

- Seek to _____ inappropriate ways of expressing anger
- Review how to take the _____ with my anger
- Memorize Galatians 5:22 to _____ the fruit of the Spirit