I. INTRODUCTION

A. 
B. 
C. 

II. MANIFESTATIONS OF THE HEART

A. Thoughts
   1. 
   2. 
   3. 
B. We know
   1. 
   a. 
   b. 
   c. 
   As a result of these influences:
C. We respond and deal with our thoughts by:
   1. 
   2. 

III. RESULTS OF THOUGHTS ON

A. 
   1. 
   2. 
B. 
   1. 
   2. 

IV. DEALING WITH ANGER

A. 
B. 
C.