STAYING TOGETHER

*when the struggle is real

anger

harsh words

difficult people

life's burdens

do you have an

ANGER

problem?

ANGER is a BIG DEAL in the Bible

- leads to foolishness
  PROVERBS 14:29
- stirs up conflict
  PROVERBS 15:18
- causes other sins
  PROVERBS 29:22
- brings consequences
  PROVERBS 19:19

How do we deal with our anger in a way that

HONORS GOD

+

DOESN'T HURT THE PEOPLE AROUND US?

EPHESIANS 4:26-27

JAMES 1:19-20

ANGER

isn't always sinful

* In your anger do not sin, "Be angry and do not sin."

EPHESIANS 4:26

THERE ARE APPROPRIATE REASONS TO BE ANGRY

BUT HERE'S THE PROBLEM:

our anger is often a mixture of good & bad (or just bad)

* anger is often a gateway to other sins like

HARSH WORDS, RAGE, GOSSIP, BITTERNESS, RESENTMENT, UNFORGIVENESS

RECOGNIZE THE ROOT OF YOUR ANGER

The purposes of a person's heart are deep waters, but one who has insight draws them out.

PROVERBS 20:5



WHAT IS GOING ON UNDERNEATH THE SURFACE THAT IS LEADING TO ANGER?

HAVE A LONG FUSE

Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires. JAMES 1:19-20

How can we develop a

LONGER FUSE?

- listen before immediately reacting
- pause before speaking and choose words that appropriately address the issue without making the situation worse
- develop patience

How could you put this into practice this week?

QUICK TO LISTEN
SLOW TO SPEAK
SLOW TO ANGER

How would this self-control honor God and benefit those around you?

DEAL WITH YOUR ANGER QUICKLY

“In your anger do
not sin”: Do not let
the sun go down
while you are still
angry, [27] and do not
give the devil a
foothold.

EPHESIANS 4:26-27

Don't let anger linger because it gives opportunities for other sins

BITTERNESS

RESENTMENT

DIVISION

CONFLICT

IMAGINE

the difference it would make in your relationships if you began

RESPONDING TO ANGER THE WAY GOD CALLS YOU TO.

