



BREAK FREE FROM ANGER

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And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.

Ephesians 4:26-27

"Anyone can become angry; that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, in the right way...this is not easy."

- Aristotle

Anger Myths

Myth 1 - My anger is caused by external events and other people.

Truth - I am responsible for my actions caused by anger.

Myth 2 - I just can't control my anger.

Truth - My anger reactions are learned and can be unlearned.

A rebel shouts in anger; a wise man holds his temper & cools it.

Proverbs 29:11

Myth 3 - The best way to handle your anger is to vent it.

Truth - Venting doesn't diminish anger - it creates more.

Let every person be quick to hear, slow to speak, slow to anger, for the anger of man does not produce the righteousness of God...If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless.

James 1:19-20, 26

Control what you allow into your heart

³³ "A tree is identified by its fruit. If a tree is good, its fruit will be good. If a tree is bad, its fruit will be bad. ³⁴ You brood of snakes! How could evil men like you speak what is good and right? For whatever is in your heart determines what you say. ³⁵ A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart.

Matthew 12:33-35

Control Your Words

Trust God with revenge

¹⁷ Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. ¹⁸ Do all that you can to live in peace with everyone. ¹⁹ Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the Lord.

Romans 12:17-19