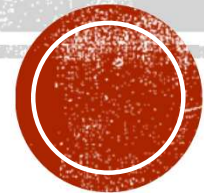


HANDLING ANGER



INTRODUCTION

- Anger is an emotion that can destroy relationships. It can affect homes, friendships and our relationship with God.
- Anger is not always wrong – righteous indignation is proper response to sin. But even then – anger must not lead to sin. Bible records many occasions when God was angry. However, our anger should not be rooted in a desire to get even or to retaliate against someone.



ANGER DOES NOT PRODUCE ANYTHING GOOD

- **James 1:19** Know this, my beloved brothers: let every person be quick to hear, slow to speak, **slow to anger**;
- **James 1:20** **for the anger of man does not produce the righteousness of God.**



HARSH WORDS DESTROY RELATIONSHIPS

- **James 3:6** And **the tongue is a fire**, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life, and set on fire by hell.
- **James 3:7** For every kind of beast and bird, of reptile and sea creature, can be tamed and has been tamed by mankind,
- **James 3:8** but no human being can tame the tongue. It is a restless evil, full of deadly poison.



INSULTS

- **Matthew 5:21** “You have heard that it was said to those of old, ‘You shall not murder; and whoever murders will be liable to judgment.’
- **Matthew 5:22** But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, ‘You fool!’ will be liable to the hell of fire.



ANGER LIVES IN THE HEART OF FOOLS

- **Ecclesiastes 7:9** Be not quick in your spirit to become **angry**, for anger lodges in the heart of fools.



BE WISE

- **Proverbs 29:11** **A fool gives full vent to his spirit**, but a wise man quietly holds it back.



A MAN WITHOUT SELF-CONTROL

- **Proverbs 25:28** A **man without self-control** is like a city broken into and left without walls.



SOFT ANSWER TURNS AWAY WRATH

- **Proverbs 15:1 A soft answer turns away wrath, but a harsh word stirs up anger.**



A HOT-TEMPERED MAN STIRS UP STRIFE

- **Proverbs 15:18** A hot-tempered man stirs up strife, but **he who is slow to anger quiets contention.**



DO NOT SIN, RESOLVE ISSUES QUICKLY

- **Ephesians 4:26** **Be angry and do not sin**; do not let the sun go down on your anger,
- **Ephesians 4:27** and **give no opportunity to the devil.**



PUT AWAY ANGER

- **Colossians 3:8** But now you must put them all away: **anger**, wrath, malice, slander, and obscene talk from your mouth.



REPLACE ANGER WITH A FORGIVING HEART

- **Ephesians 4:31** Let all **bitterness** and **wrath** and **anger** and **clamor** and **slander** be put away from you, along **with all malice**.
- **Ephesians 4:32** Be kind to one another, tenderhearted, **forgiving one another**, as God in Christ forgave you.



KEEPING COMPANY WITH ANGRY PEOPLE CAN RUB OFF ON YOU

- **Proverbs 22:24** Make **no friendship with a man given to anger**, nor go with a wrathful man,
- **Proverbs 22:25** **lest you learn his ways and entangle yourself in a snare.**



SOMETIMES IT'S BEST TO JUST LET IT GO

- **Proverbs 19:11** Good sense makes one slow to anger, and it is his glory to overlook an offense.



VENGEANCE BELONGS TO GOD

- **Romans 12:19** Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “**Vengeance is mine, I will repay, says the Lord.**”



CONCLUSION

- There will be occasions when life gets frustrating. There will be times when people do us wrong. The key is how we handle these situations. Using inappropriate words and actions do are not the way God wants these issues to be resolved. Name calling and using inappropriate words and actions will only lead to regrets. Relationships will be damaged. We should be patience and forgiving – just as God has been with us.

