

### Our Text:

**Matthew 5:21-22.** <sup>21</sup>“You have heard that our ancestors were told, ‘You must not murder. If you commit murder, you are subject to judgment.’ <sup>22</sup>But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell. (NLT)

### Other Scriptures:

**Ephesians 4:26,27,31,32.** <sup>26</sup>And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, <sup>27</sup>for anger gives a foothold to the devil. ... <sup>31</sup>Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. <sup>32</sup>Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. (NLT)

**Psalms 37:8.** <sup>8</sup>Stop being angry! Turn from your rage! Do not lose your temper— it only leads to harm. (NLT)

**James 1:19-20.** <sup>19</sup>Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. <sup>20</sup>Human anger does not produce the righteousness God desires. (NLT)

(Other References: Proverbs 27:4; Proverbs 14:29; Proverbs 15:1; Proverbs 27:4; Proverbs 29:11; Ecclesiastes 7:9)

### Instances where anger is wrong:

- When anger is selfish
- When anger controls our thoughts and actions
- When the anger becomes the dominant feature of our life
- When it involves brooding or fretting
- When we keep a running record of how we have been mistreated
- When we have to pretend that we are not angry
- When we decide to attack the person with whom we are angry, or we attack or hurt a substitute

### Instances when anger may be appropriate:

- When we or someone we love are in immediate physical or emotional danger
- When our trust has been deeply violated
- As part of the grieving process (Shock, Anger, Rejection, Acceptance, Healing)
- When injustice prevails

*But even in these situations, it is neither healthy nor normal to remain angry.*

### Some things we can do to help with anger:

- Ask the Holy Spirit to deepen our understanding of what anger really is and what it really does to us and those around us. David prayed, in Psalm 119:144, “Your laws are always right; help to understand them so I may live.”
- Invite the Holy Spirit to change our nature so anger is not always our immediate response. Ask Him to remove the anger we may already have. Submit to however He may want to work in our lives.
- Release any anger we have to God. Direct your anger towards God and present to Him the hurt you feel. Then ask God to help you release the anger. (See David’s prayer in Psalm 59)
- Ask the question, “Why am I angry?” Usually there is an underlying emotion. Find that emotion or cause, and work on it.
- Ask the question, “What do I really want?” In doing so, we may find that what we thought we wanted which kept us angry is not what we really wanted at all.
- Don’t let anger build up. Deal with problems on a regular, daily basis. “Don’t let the sun go down while you’re still angry.” Practice Matthew 18.
- Understand that we can control and restrain the expression of our anger. Proverbs 29:11 says, “A fool always loses his temper, but a wise man hold it back.”
- Ask ourselves, “Am I willing to choose God’s way through this or am I insisting on my way of handling it?”

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***A FINAL THOUGHT:***

**Colossians 3:8, 10, 12-14. (NLT)**

<sup>8</sup>But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. ... <sup>10</sup>Put on your new nature, and be renewed as you learn to know your Creator and become like him.

<sup>12</sup>Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. <sup>13</sup>Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. <sup>14</sup>Above all, clothe yourselves with love, which binds us all together in perfect harmony.