



STRESS+

Next 2 Sundays

10/23: Hope in the Midst of Depression

10/30: Big Church Sunday | Anxiety

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

Ephesians 4:26-27

2 Observations from Eph. 4:26-27

We can be anger in and out of sin

It's best to keep a short account with anger

“He was a valiant soldier, but he had leprosy.”

2 Kings 5:1

“Go, wash yourself seven times in the Jordan, and your flesh will be restored and you will be cleansed.”

2 Kings 5:10

“But Naaman went away angry and said, ‘I thought that he would surely come out to me and stand and call on the name of the Lord his God, wave his hand over the spot and cure me of my leprosy. Are not Abana and Pharpar, the rivers of Damascus, better than all the waters of Israel? Couldn’t I wash in them and be cleansed?’ So he turned and went off in a rage.”

2 Kings 5:11-12

The 3 Phases of Anger

- The “provocation” of the feelings of anger
- Rage- the acting out of anger
- Resentment- the retention of anger

DATE :

AM I ANGRY TODAY?

NO

YES

→ WHAT HAPPENED?

AM I BEING HONEST?

YES

NO

SEE YOU
TOMORROW

• IS IT OK TO BE ANGRY ABOUT THIS?

• WHAT CAN I DO?

• DID I TAKE IT OUT ON ANYONE?

• IS THERE A PATTERN TO SEE?

• DO I NEED TO ADDRESS IT?

• DO I NEED TO LET IT GO?

• DID I ACT OUT IN RAGE?

• AM I HARBORING RESENTMENT?

• AFTER ALL OF THIS,
DO I HAVE A
SENSE OF PEACE?

PRAY: LORD JESUS, I KNOW
THAT I WILL BE EXPOSED
TO THE DANGER OF SIN,
AND PARTICULARLY TO
ANGER. PLEASE PROTECT
ME FROM RAGE. AMEN.





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