

Emotions - Part 1 - Anger
Pastor Mark Rouse / October 4, 2020

People with understanding control their anger; a hot temper shows great foolishness.-
Proverbs 14:29

What Angered Jesus?

- **GREEDY gain.**
- **SHALLOW Love.**
- **RELIGIOUS Hypocrisy.**
- **HARD Heart.**

Don't Let the Sun Go Down

²⁶ "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

1) REMEMBER the consequences.

The hotheaded do things they'll later regret. - Proverbs 14:17

¹⁴ For the whole law can be summed up in this one command: "Love your neighbor as yourself." ¹⁵ But if you are always biting and devouring one another, watch out! Beware of destroying one another. - Galatians 5:14-15

2) RECOGNIZE the triggers.

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

3) RESTRAIN my response.

He did not retaliate when he was insulted. When he suffered, he did not threaten to get even. He left his case in the hands of God, who always judges fairly. - 1 Peter 2:23

4) REMEMBER God's patience with me.

He canceled the record of the charges against us and took it away by nailing it to the cross.
- Colossians 2:14