
The Control of Anger

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“Don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry.

Ephesians 4:26 NLT

Elisha sent a messenger to say to him, “Go, wash yourself seven times in the Jordan, and your flesh will be restored and you will be cleansed.” 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.

2 kings 5:10-11 NIV

Controlling Anger is . . .

1. Acknowledging my anger.

God is a righteous judge, and a God who feels indignation every day.

Psalms 7:11 ESV

2. Restraining my immediate response.

The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient.

2 Peter 3:9a NIV

Fools vent their anger, but the wise quietly hold it back.

Proverbs 29:11 NLT

3. Identifying my anger.

For the wrath of God is revealed from heaven against all ungodliness and unrighteousness.

Romans 1:18a KJV

4. Assessing my goals and options.

God is patient, because he wants everyone to turn from sin and no one to be lost.

2 Peter 3:9b CEV

A soft and gentle and thoughtful answer turns away wrath, But harsh and painful and careless words stir up anger.

Proverbs 15:1 AMP

5. Taking constructive action.

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

John 3:16 KJV

And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.

Ezekiel 36:26 NLT

Weekend Music:

Let Everything (Praise the Lord) (Sean Feucht) • One Thing Remains (Bethel Music)
Rest on Us (UPPERROOM) • Our Father (Bethel Music)