

Detoxing Anger

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Elisha Hale

If you become angry, do not let your anger lead you into sin, and do not stay angry all day. Don't give the Devil a chance.

Ephesians 4:26-27 GNT

Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

Proverbs 16:32 ESV

Detoxing Anger Means I . . .

1. Consider anger's cause.

A fool is quick-tempered, but a wise person stays calm when insulted.

Proverbs 12:16 NLT

A soft answer turns away wrath, but a harsh word stirs up anger.

Proverbs 15:1 ESV

People with understanding control their anger; a hot temper shows great foolishness.

Proverbs 14:29 NLT

2. Calculate anger's cost.

A man of wrath stirs up strife, and one given to anger causes much transgression.

Proverbs 29:22 ESV

A person's wisdom yields patience; it is to one's glory to overlook an offense.

Proverbs 19:11 NIV

3. Channel anger's power.

When Jesus saw it, he was indignant and said to them, "Let the children come to me; do not hinder them, for to such belongs the kingdom of God.

Mark 10:14 ESV

He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.

Mark 3:5 NIV

4. Trust God with anger.

Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.

Proverbs 29:25 NIV

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.

Galatians 5:22-23 BSB

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."

Romans 12:19 ESV

Trusting Means I:

Ask God for help.

Look to God's answer at the cross.

Weekend Music:

This is Amazing Grace (Jeremy Riddle) • Hosanna (Hillsong UNITED)
Do It Again (Elevation Worship)