



And “**don’t sin** by letting anger **control** you.”  
Don’t let the sun go down while you are still  
angry, for anger gives a foot hold to the devil.

~ *Ephesians 4:26-27*

And they **abandoned** the LORD, the God of their fathers, who had brought them out of the land of Egypt. They went after other gods, from among the gods of the peoples who were around them, and bowed down to them. And they **provoked** the LORD to **anger**.

~ *Judges 2:12*

And as soon as he came near the camp and saw the calf and the dancing, **Moses' anger** burned hot, and he threw the tablets out of his hands and broke them at the foot of the mountain.

~ *Exodus 32:19*

And he looked around at them with **anger**,  
grieved at their **hardness of heart**, and said  
to the man, "Stretch out your hand." He  
stretched it out, and his hand was restored.

~ *Mark 3:5*

**#1 - Anger is a normal emotion that all of us experience.**



# Suppressed Anger



If you have a friend or family member do something that upsets you, you can let days pass without discussing it

You are not willing to have conversations about sensitive or difficult topics.

You tend to be image conscious, and  
you rarely allow others to know that  
you have any problems.

# Passive Aggressive Anger



I don't have to be hateful, I  
can just say 'Bless your  
heart.'



your  cards  
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If you complain about others behind  
their back, but refuse to address  
problems face to face.

When experiencing frustration, you become silent knowing that it bothers other people, or so that other people know that something is wrong.

If someone talks to you about a problem, you might say what people need to hear but then do things in your own way.



If no one has to guess your opinion -  
you have unwavering viewpoints.

In verbal disagreements, you are likely to repeat yourself several times.

When something goes wrong, you tend to focus on fixing the problem versus the other person's feelings.

**#2 - My tendency is to express  
anger.**

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What is **causing** the quarrels and fights among you? Don't they come from the evil **desires** at war **within you**?

*~ James 4:1*

Temptation comes from our **own desires**, which entice us and drag us away. These desires give birth to sinful actions. And when **sin is allowed** to grow, it gives birth to death.

~ James 1:14-15

**#3 - We can experience anger when we feel threatened, hurt, or have an unmet expectation or need.**



This is a trustworthy saying, and everyone should accept it: “Christ Jesus came into the world to **save sinnersuse me** as a prime example of his great patience with even the worst sinners. Then **others will realize** that they, too, can believe in him and receive eternal life.

~ 1 Timothy 1:15-16

The steps of a man are **established** by  
the LORD, **when he delights** in his way.

~ *Psalm 37:23*

I have been crucified with Christ. It is no longer I who live, but **Christ who lives** in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

~ *Galatians 2:20*

#4 - We experience the peace of God  
when we submit our lives to His  
authority.



1. Recognize your need for God
2. Ask God to help you understand when and why you are angry
3. Stop blaming others - own your sin
4. Pray about how to move forward



**Take 30 seconds and write out a prayer and  
we will take all week and pray for it!**

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Write it on a card and turn it in today.

