

What should we do with our anger? We live according to the law of love when we humbly put our unrighteous anger to death and faithfully entrust our righteous anger to God.

Matthew 5:43-48

Ephesians 4:25-27, 29-32

Romans 6:12-14

1. **Percolating:** Remember the little teapot illustration. Slow, medium, or full boil! Poked. Prodded. Jostled. Upset. Percolating!!! The steam whistle is a helpful tool that indicates when the water has reached boiling point. Pay attention! *Watch over your heart with all vigilance.*
2. **Point of Decision:** There is always a point of decision. Who will you choose to serve. Will you believe God's Word. James 1:19-20 *Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; 20 for the anger of man does not produce the righteousness of God.*
3. **Pray:** Ask the Lord for wisdom, understanding, discernment, patience, and grace.
4. **Perspective – your perspective or God's perspective?** Seek God's perspective ask Him to search your heart to reveal any prideful anger or wrong handling of anger. Confess your sin to the Lord and make restitution where necessary. (Psalm 139:23-24, 1 John 1:9).
5. **Pause and ponder:** Consider all that the Lord has revealed to you. What can you learn about yourself, about God, about your sin, and about others?
6. **Pivot:** Pivot away from self and turn towards God. Repent of any unrighteous anger. 1 Peter 3:9 *Do not repay evil for evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing.*
7. **Patience:** Be patient with others and with yourself. Remember the gospel. Put your hope in Christ who died for you and feed on Him by faith.
8. **Purpose:** Be an instrument of Righteousness. What does the Lord want you to do according to His Word? Romans 6:12-14 *Let not sin therefore reign in your mortal body, to make you obey its passions. 13 Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. 14 For sin will have no dominion over you, since you are not under law but under grace.*
9. **Prerogative:** Executing wrath is God's prerogative. We are not to be God. God is God. He is righteous and just. We can trust Him who knows all and sees all to act justly. This is important in cases of injustice, when "evil" men abuse "innocent people. **Romans 12:19** *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."* Give it to Him. Allow Him to work it out and guide you by His Spirit.
10. **Peace: Go to bed in peace with God and with man.** Ephesians 4:26 *Be angry and do not sin; do not let the sun go down on your anger.* Ever.