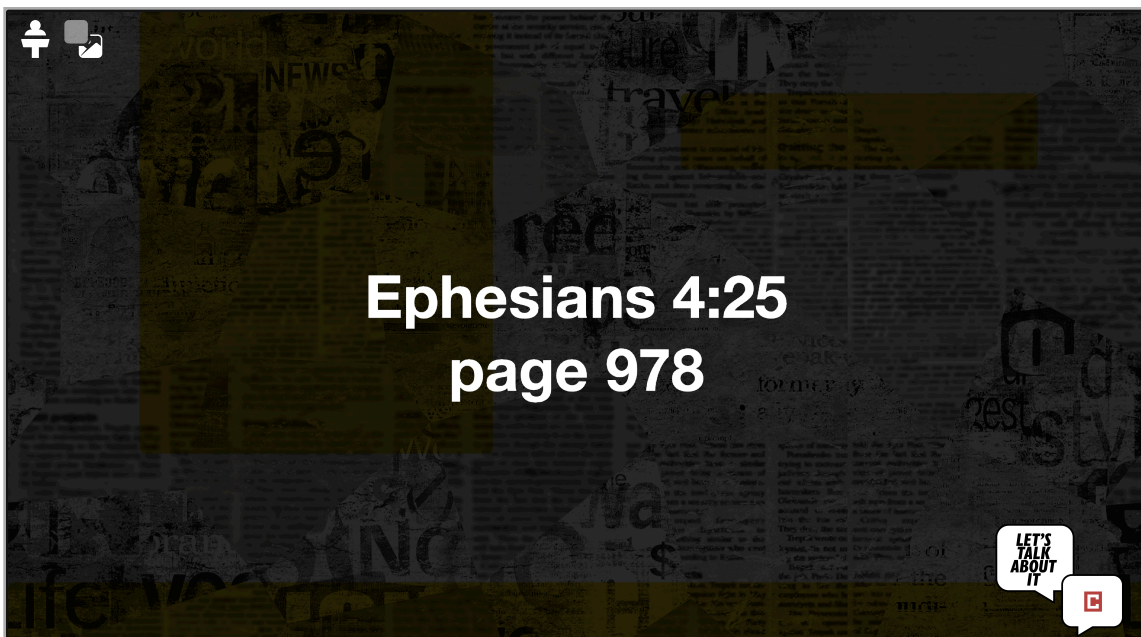




**LET'S  
TALK  
ABOUT  
IT**

**C**

1 Lighting Cue! LIGHTING CUE



**Ephesians 4:25**  
**page 978**

**LET'S  
TALK  
ABOUT  
IT**

**C**

2 Group Lets Talk Slide back.png



3

Lets Talk Slide back.png



**“Don’t make me angry, you wouldn’t like me when I’m angry.”**

4





**“I’m always angry.”**

5

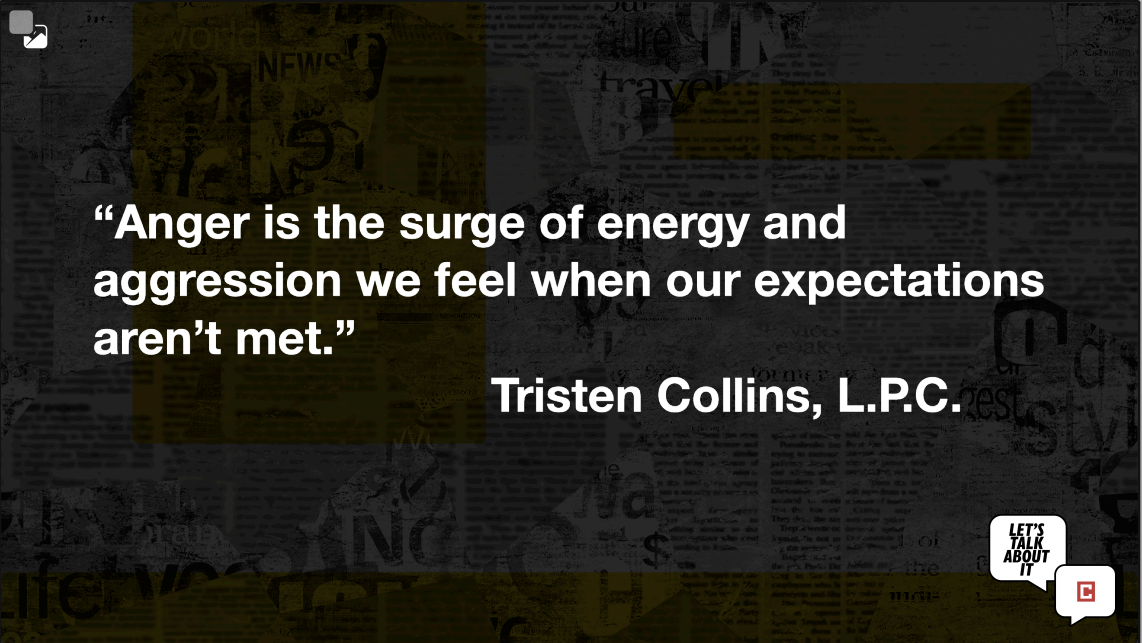
*The New York Times*

**TIMES INSIDER**

Why Is Everyone So Angry? We Investigated.

6

NYT Angry.png



**“Anger is the surge of energy and aggression we feel when our expectations aren’t met.”**

**Tristen Collins, L.P.C.**



7

Lets Talk Slide back.png

## **Three Categories of Anger**

8



## **Three Categories of Anger**

### **1. Divine Anger**

9

**<sup>41</sup>if I sharpen my flashing sword  
and my hand takes hold on judgment,  
I will take vengeance on my adversaries  
and will repay those who hate me.**

**Deuteronomy 32:41**

10

Deuteronomy 32:41

**<sup>36</sup>Whoever believes in the Son has eternal life; whoever does not obey the Son shall not see life, but the wrath of God remains on him.**

**John 3:36**

**“God’s anger reflects His accurate perception of evil, His Holy hatred of it, and His determination to eradicate it”**

**Robert Jones**



**“Think how we feel when we see someone we love ravaged by unwise actions or relationship. Do we respond with benign tolerance as we might toward strangers? Far from it. Anger isn’t the opposite of love. Hate is, and the final form of hate is indifference.**

13

**The more a father loves his son, the more he’s angry at the drunkard, the liar, the traitor in the son. If we, flawed, self-centered people, can feel this much pain and anger over someone’s condition, how much more a morally perfect God who made them?”**

**Becky Pippert**

14

## **Three Categories of Anger**

- 1. Divine Anger**
- 2. Righteous Human Anger**

15

**<sup>26</sup>Be angry and do not sin; do not let the  
sun go down on your anger,  
Ephesians 4:26**

16

Ephesians 4:26



## **Aspects of Righteous Anger**

17

## **Aspects of Righteous Anger**

- 1. Righteous anger reacts against actual sin**

18

## **Aspects of Righteous Anger**

- 1. Righteous anger reacts against actual sin**
- 2. Righteous anger focuses on God and His Kingdom, rights, and concerns**

19

## **Aspects of Righteous Anger**

- 1. Righteous anger reacts against actual sin**
- 2. Righteous anger focuses on God and His Kingdom, rights, and concerns**
- 3. Righteous anger is accompanied by other Godly qualities and expresses itself in Godly ways**

20



## **Three Categories of Anger**

- 1. Divine Anger**
- 2. Righteous Human Anger**
- 3. Sinful Human Anger**

21

**<sup>26</sup>Be angry and do not sin; do not let the sun go down on your anger, <sup>27</sup>and give no opportunity to the devil.**

**Ephesians 4:26-27**

22

Ephesians 4:26-27

**<sup>29</sup>Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. <sup>30</sup>And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.**

**23**

Ephesians 4:29-31

**<sup>31</sup>Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.**

**Ephesians 4:29-31**

**24**

Ephesians 4:29-31

**<sup>19</sup>Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; <sup>20</sup>for the anger of man does not produce the righteousness of God.**

**James 1:19-20**

## **Putting Away Sinful Anger**

## **Putting Away Sinful Anger**

- 1. Admit your anger**

27

## **Putting Away Sinful Anger**

- 1. Admit your anger**
- 2. Assess your anger**

28

## **Assess Your Anger**

29

## **Assess Your Anger**

- What is so important that I'm defending?**

30

## **Assess Your Anger**

- What is so important that I'm defending?**
- Whose kingdom does your anger serve?**

31

## **Assess Your Anger**

- What is so important that I'm defending?**
- Whose kingdom does your anger serve?**
- What false expectation does this reveal?**

32



## **Assess Your Anger**

- What is so important that I'm defending?**
- Whose kingdom does your anger serve?**
- What false expectation does this reveal?**
- What disordered love does this reveal?**

33

## **Assess Your Anger**

- What is so important that I'm defending?**
- Whose kingdom does your anger serve?**
- What false expectation does this reveal?**
- What disordered love does this reveal?**
- What story am I telling myself?**

34

## **Putting Away Sinful Anger**

- 1. Admit your anger**
- 2. Assess your anger**
- 3. Apply the Gospel to your heart  
and the other person**

35

**<sup>32</sup>Be kind to one another, tenderhearted,  
forgiving one another, as God in Christ  
forgave you.**

**Ephesians 4:32**

36

Ephesians 4:32

37

38