

PASTOR
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L.I.F.E.
Live It For Eternity

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Overcoming Anger

Ephesians 4:26 & 27

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold." (Ephesians 4:26-27, NIV)

Then the Lord said to Cain, "Why are you angry? Why is your face downcast?" If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it." (Genesis 4:6-7, NIV)

Wrong ways to handle anger:

Spewers (express it) and

Stewers (suppress it)

A fool gives full vent to his anger, but a wise man keeps himself under control. (Proverbs 29:11, NIV)

When I kept silent, my bones wasted away through my groaning all day long. (Psalm 32:3, NIV)

To overcome sinful anger:

I put it out.

Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out. (Proverbs 17:14, NIV)