

## Children of Light (Part 2)

### *Don't Let Anger Control You*

(Ephesians 4:26-27)

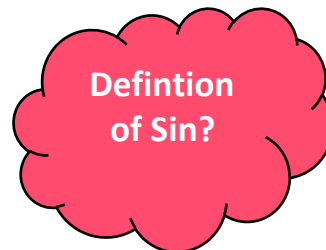
Don't sin by letting anger control you. Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.

### “Don't Sin by Letting Anger Control You”

#### James 1:19-20

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

**Why Am I Angry?**



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#### James 4:1-2

What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because you don't ask God for it.

- I'm Angry Because I want Something That I Don't Have.
- I Believe the Lie That Anger Empowers Me to Get It Even If I Have to Hurt Someone.

#### Matthew 5:21-22

“You have heard that our ancestors were told, ‘You must not murder. If you commit murder, you are subject to judgment.’ But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell.

#### Proverbs 30:14; 12:18

There is a kind of person whose teeth are like swords and his jaw teeth like knives... There is one who speaks rashly like the thrusts of a sword.

- I Don't Believe God Will Give Me What I Need, Or As Quickly As I Need It.

# “Don’t Let the Sun Go Down While You Are Still Angry”

**Psalms 37:8**

Stop being angry! Turn from your rage! Do not lose your temper— it only leads to harm.

- So Incredibly Destructive!

## Don’t “Give A Foothold to the Devil”

Proverbs 14:29; 15:1,18; 16:32; 22:24; 29:11; Eccl. 7:9

# A. L. A. R. M.

## Agree with God About Anger

- Overcoming Anger is a journey of faith in God

## Lower Your Voice and Intensity

- The “Phone Voice”
- “A gentle answer turns away wrath...” (Proverbs 15:1)



## Accept Personal Responsibility

- Don’t use lose language like, “he made me angry” or “I only did that because she...”
- You are responsible for your anger

## Resist the Lies of Justification

- Don’t be duped by the exception of “righteous” anger
- Being “Right” NEVER justifies hurting/wounding others (**Romans 12:17**)

## Meekly make Restitution Quickly Asking Forgiveness From God and Those You’ve Wounded

- Learning to apologize well  
(Gary Chapman: <https://www.youtube.com/watch?v=vIj89L3YJK8>)
- Reaping the benefits of understanding and support from healed family, friends, and even enemies

