

# Good and Angry

Ephesians 4:26-27





A close-up photograph of a greyhound's face, focusing on its eyes and the texture of its grey fur. The eyes are a striking yellow color with black pupils. The fur is short and dense, with a mix of grey and white tones. The lighting is dramatic, highlighting the texture of the fur and the intensity of the eyes.

**There is a Virus Greater than COVID  
It Has Caused...**

- **More Fear**
- **More Confusion**
- **More Loss**

**Anger**

# **The Watch Word of these Times**

**Lock downs**

**Economy**

**Social Injustice**

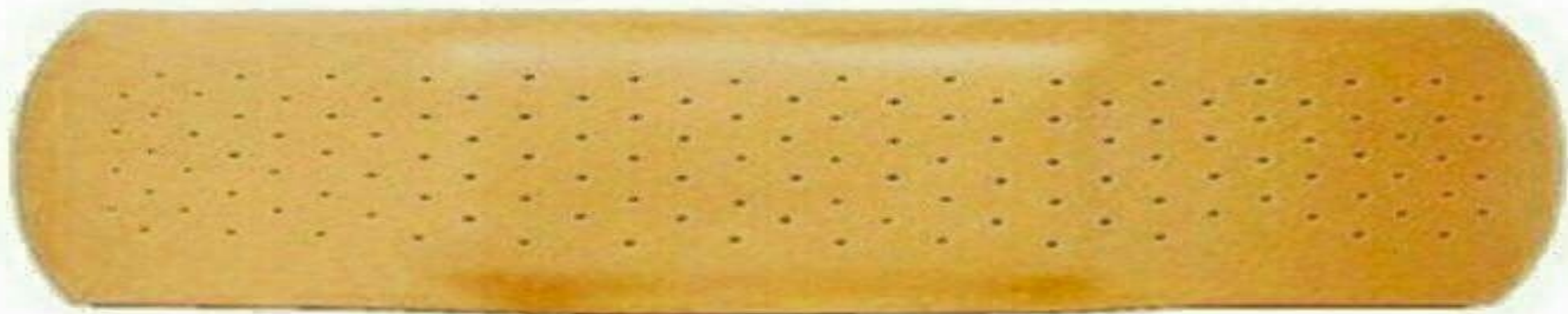
**Election Mayhem**

**The Problem is...**

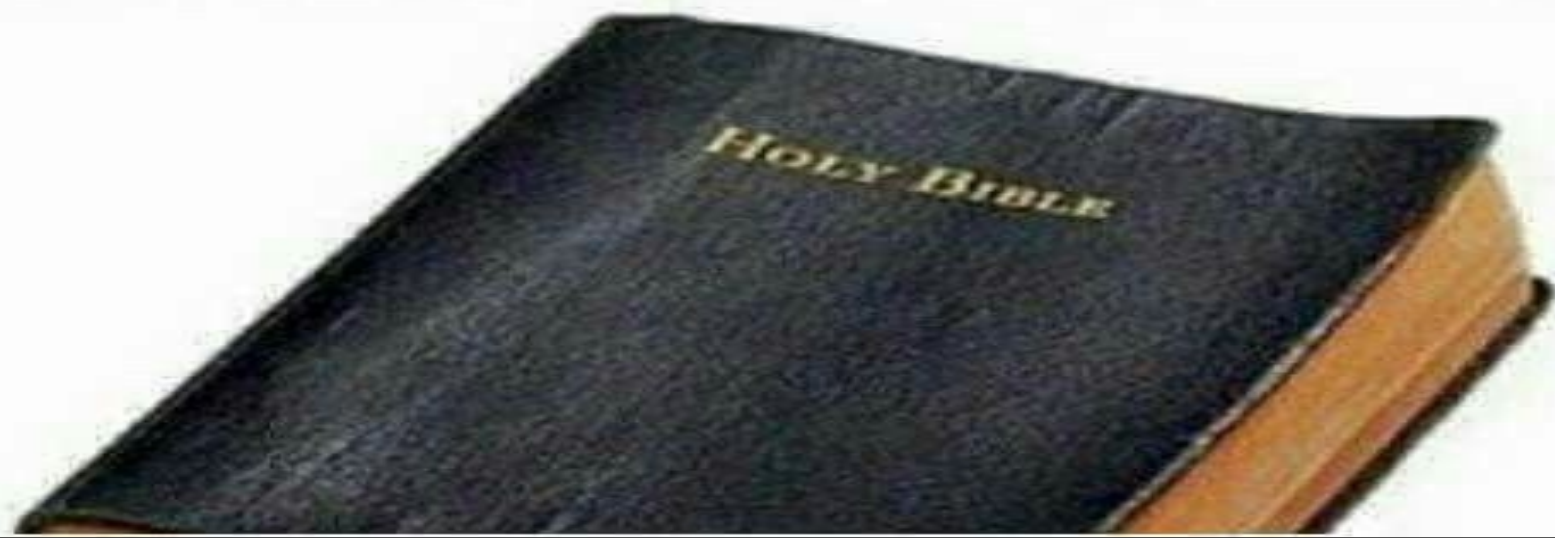
**...We are Too Quick to**

**...Treat Symptoms vs Disease**

For the outside wounds



For the inside wounds



For the outside wounds



**Stopping Our Anger from the Outside...**

**...Only Compounds the Problem**

**...Shifts the Cycle**

For the inside wounds

**This Virus Must Be Treated From the Inside...**

**...It Is a Sin Problem**

**...Only the Cross can Bring Healing**

**...and Stop the Cycle**



***“Be Angry...”***

**Emotion**



# ***“Be Angry...”***

**Anger is an Emotional Arousal...**

**...Caused By Something that Displeases Us**

**Anger is...**

- God Given**
- Universal**
- Helpful**
- Harmful**

# ***“Be Angry...”***

## **Helpful**

- **Submits to God**
- **Focus on Problems...**  
**...Not People**

## **Brings**

- **Solution**
- **Peace**

## **Harmful**

- **Submits to Satan**
- **Focus on People...**  
**...Not Problems**

## **Brings**

- **Setback**
- **More Problems**

*“...Sin Not.”*

# Commotion

***“...Sin Not..”***

***Sin- to Miss the Mark***

## **Constructive**

- **Assertive**

- *Produces Positive Energy*
- *Powered by Solution*
- *Possible to Get Out of Control*
- *Pondered*

**James 1:19-20** *“<sup>19</sup> My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, <sup>20</sup> for man’s anger does not bring about the righteous life that God desires.”*

***“...Sin Not..”***

***Sin- to Miss the Mark***

## **Destructive**

- **Three Ways to Express**
  - **Aggressive -Exploding**
  - **Passive –Imploding**
  - **Passive-Aggressive –Exploding with a Silencer**

***Proverbs 25:28 GNB “If you cannot control your anger, you are helpless as a city without walls, open to attack.”***

***“Let Not Sun Go Down Upon Your Wrath...”***

# **Demotion**

***“Let Not Sun Go Down Upon Your Wrath...”***

# **Demotion**

**Let Not the Sun Go Down**

**You Take Responsibility to Put Limits**

**Upon your Wrath**

**Rage –Uncontrollable Anger**

**You Either Get Anger Under Control Or It Will Control You**

***“Give No Place to the Devil...”***

# **Promotion**



***“Give No Place to the Devil...”***

# **Promotion**

**Give**

**Grant Permission -Allow**

**Place**

**Space – Location- Opportunity –Open Door**

**to Devil**

**Diablos -Accuser- Slanderer**

# ***“Give No Place to the Devil...”***

## **Aggressive**

### **Colossians 3:8 (AMP)**

**<sup>8</sup> But now put away *and* rid yourselves [completely] of all these things: anger, rage, bad feeling toward others, curses *and* slander, and foulmouthed abuse *and* shameful utterances from your lips!**

## **Passive- Aggressive**

### **Psalm 55:21 (KJV)**

**<sup>21</sup> *The words* of his mouth were smoother than butter, but war *was* in his heart: his words were softer than oil, yet *were* they drawn swords.**

BETTER A PATIENT  
MAN THAN A  
WARRIOR,  
A MAN WHO  
CONTROLS HIS  
TEMPER THAN  
ONE WHO TAKES  
A CITY.  
PROVERBS 16:32



# BETTER A PATIENT

## How to Deal with Anger God's Way

**So, you have anger issues, how do you deal with it God's way?**

### Restrain It

**Proverbs 29:11, "*Fools vent their anger, but the wise quietly hold it back.*"**

- **This does not mean that the wise bury their anger or do not deal with it, but...**

**...it means that they control their anger and how they express it.**

- **When you Restrain your Anger, you Keep It Within Limits.**

If you've got pain

He's a

**P A I N T A K E R**

If you feel lost

He's a

**W A Y M A K E R**

If you need freedom or saving

He's a prison-shaking Savior

If you've got chains

He's a

**C H A I N B R E A K E R**

# How to Deal with Anger God's Way

You have anger issues, how do you deal with it God's way?

## Restrain It

- When you restrain your anger, you keep it within limits.

## Re-evaluate It

**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.”*

**God's way of dealing with anger is to be slow to anger.**

**There are some things that you need to let roll off of your shoulders and not internalize or act on.**

**When you re-evaluate a person's words or action, you often find there's no need to get angry as that person really did not intend to hurt you or was merely acting out of their own biases, which is not a reflection of you.**



**HE KNEW ME, YET HE LOVED ME  
HE WHOSE GLORY MAKES THE HEAVENS SHINE**

**SO UNWORTHY OF SUCH MERCY**

**WHEN HE WAS ON THE CROSS  
I WAS ON HIS MIND.**

# **How to Deal with Anger God's Way**

## **Restrain It**

When you restrain your anger, you keep it within limits.

## **Re-evaluate It**

Let It roll off of your shoulders/ not internalize or act on.

## **Release It**

**Colossians 3:8, *“But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.”***

## **When you Deal with Anger God's Way**

### **You Feel It**

**Vent it in a Safe Way, Where No One Is Harmed**

### **Release it.**

**You Get Rid Of It from your Body, Heart, Mind.**



The background of the image is a stylized American flag with a textured, slightly grainy appearance. The stars and stripes are visible, with the stars on the left and stripes extending towards the right. The colors are warm, with a mix of reds, oranges, and yellows.

*Jesus*

*is the only hope for*

**America**

*Jesus*

*is the only hope for*

**World**