

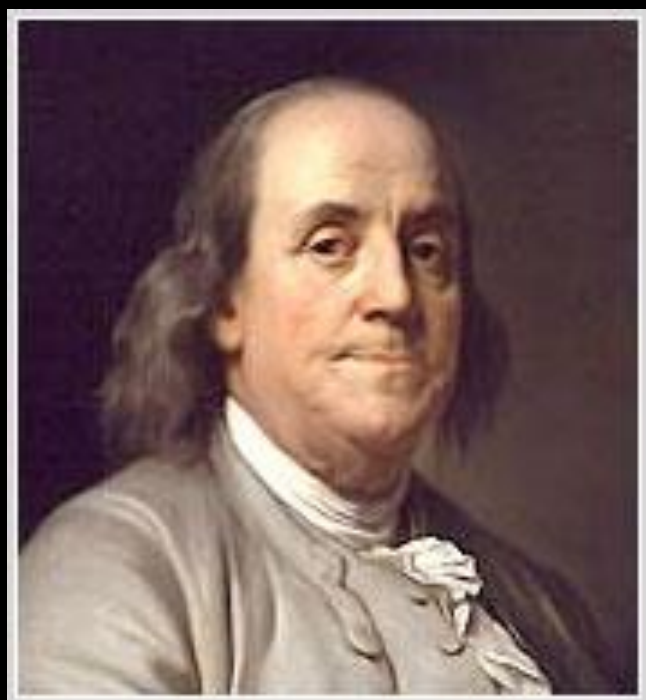
Galatians 5:1

For freedom Christ has set us free;  
stand firm therefore,  
and do not submit again  
to a yoke of slavery.

## Anger:

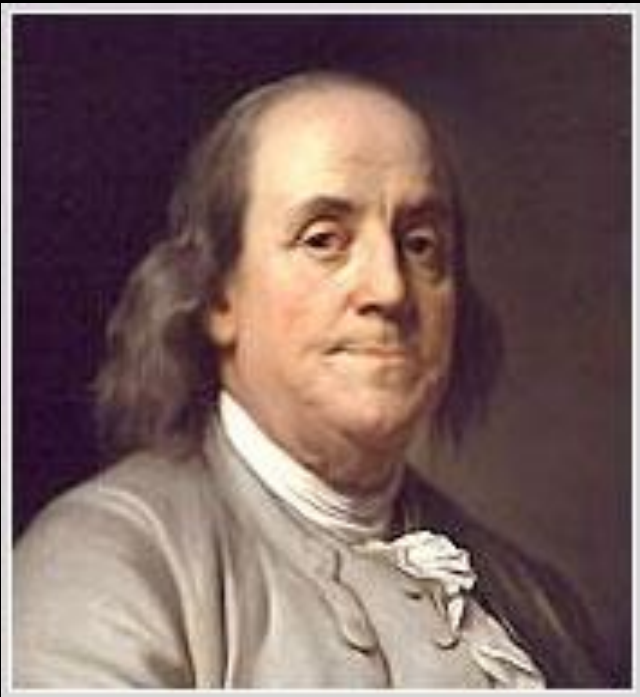
A strong feeling of annoyance,  
displeasure, or hostility.

A strong feeling of displeasure  
and belligerence aroused by a wrong.



“Anger is never without reason,  
but seldom with a good one.”

“Whatever is begun in anger  
ends in shame.”



~ Benjamin Franklin

Matthew 5:21-22

“You have heard that it was said to those of old,  
‘You shall not murder; and whoever murders  
will be liable to judgment.’

“But I say to you that everyone who is angry  
with his brother will be liable to judgment;  
whoever insults his brother  
will be liable to the council;  
and whoever says, ‘You fool!’  
will be liable to the hell of fire.”

Genesis 4:1-7

Now Adam knew Eve his wife,  
and she conceived and bore Cain, saying,  
“I have gotten a man with the help of the LORD.”

And again, she bore his brother Abel.

Now Abel was a keeper of sheep,  
and Cain a worker of the ground.

Genesis 4:1-7

In the course of time Cain brought to the LORD  
an offering of the fruit of the ground,  
and Abel also brought of the firstborn of his flock  
and of their fat portions.

And the LORD had regard for Abel and his offering,  
but for Cain and his offering he had no regard.

So Cain was very angry, and his face fell.

Genesis 4:1-7

The LORD said to Cain,

“Why are you angry, and why has your face fallen?

If you do well, will you not be accepted?

And if you do not do well,  
sin is crouching at the door.

Its desire is for you,  
but you must rule over it.”



Proverbs 14:17

A man of quick temper acts foolishly,  
and a man of evil devices is hated.

Proverbs 19:11

Good sense makes one slow to anger,  
and it is his glory to overlook an offense.

Proverbs 22:24-25

Make no friendship with a man given to anger,  
nor go with a wrathful man,  
lest you learn his ways  
and entangle yourself in a snare.

James 1:19-20

Know this, my beloved brothers:  
let every person be quick to hear,  
slow to speak, slow to anger;  
for the anger of man does not produce  
the righteousness that God requires.

Ephesians 4:26

Be angry and do not sin.

Mark 3:1-5

Again he entered the synagogue,  
and a man was there with a withered hand.

And they watched Jesus,  
to see whether he would heal him on the Sabbath,  
so that they might accuse him.

And he said to the man with the withered hand,  
“Come here.”

Mark 3:1-5

And he said to them, “Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?”

But they were silent.

And he looked around at them with anger,  
grieved at their hardness of heart,  
and said to the man,  
“Stretch out your hand.”

He stretched it out, and his hand was restored.

Ephesians 4:26-27

Be angry and do not sin;  
do not let the sun go down on your anger,  
and give no opportunity to the devil.

## RAGE

A patter of “quick to anger”

Dangerous like a bomb

Antidote: “Be angry, and do not sin”

RESIST!

## RESENTMENT

A pattern of “slow to forgive”

Passive aggressive behavior; cultivated bitterness

Dangerous like poison

Antidote: “Do not let the sun go down on your anger”

REPENT!

Galatians 5:19-23

Now the works of the flesh are evident:

sexual immorality, impurity, sensuality,

idolatry, sorcery, enmity, strife, jealousy,

fits of anger, rivalries, dissensions, divisions,

envy, drunkenness, orgies, and things like these.

I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.



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Ephesians 4:30-32

And do not grieve the Holy Spirit of God,  
by whom you were sealed for the day of redemption.

Let all bitterness and wrath and anger  
and clamor and slander be put away from you,  
along with all malice.

Be kind to one another, tenderhearted,  
forgiving one another,  
as God in Christ forgave you.