



Out with Anger and In with Peace

August 21, 2022

Out with Anger In with Peace

Does anyone dream about a life consumed with anger?

All of us long for a life saturated with peace.

Ephesians 4:25-28

25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 "In your anger do not sin": Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

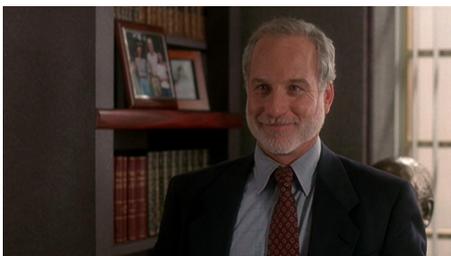
The Way It Was

- Anger has many faces

Explosive and Eruptive Anger



Locked in and Locked Up Anger



Calculated Retaliation Driven by Anger



Passive Aggressive Anger



Spiritualized Attacks as Camouflaged Anger



The Way It Could Be

- Recognize and name my anger

Ephesians 4:26-27

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

What kind of anger comes naturally to my heart and life?

The Way It Could Be

- Anger is not sin, but it can easily lead to sin

Ephesians 4:26-27

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

What are some of the sinful actions, feelings, and attitudes that can enter my life when anger goes unchecked?

The Way It Could Be

- Deal with anger honestly, quickly, and in a godly way

Ephesians 4:26-27

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

What action can I take when anger is growing into sin?

The Way It Could Be

- Recognize the reality of spiritual warfare

Ephesians 4:26-27

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

Where is the enemy seeking to slip into your heart, life, relationships or mind and poison you with anger?

Living the Dream Life

- Developing a whole new outlook and response pattern

Living the Dream Life

- Bring prayer into your places of anger

Living the Dream Life

- Make a plan to deal with it

Matthew 18:15-18

15 "If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. 16 But if they will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.' 17 If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector.

Notice the Process and Purpose

- Go and seek reconciliation one-on-one (v.15)
- Bring along one or two others to help in the healing process (v.16)
- Tell it to the Church (v.17)
- The nuclear option (v.17)

Living the Dream Life

- Create distance and be safe

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