

Ephesians 4:26-32

CULTURE- THE MIXTURE OF GOD'S IMAGE AND HUMAN BROKENNESS DISPLAYED IN INSTITUTIONS, COMMERCE, ART, LEISURE AND GOVERNANCE.

Be angry and do not sin; do not let the sun go down on your anger. Ephesians 4:26

RIGHTEOUS ANGER

He who is slow to anger is better than the mighty, and he who rules his spirit than he who captures a city. Proverbs 16:32

The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness. Exodus 34:6

THE DEFINITION OF ANGER

A FEELING OF DISPLEASURE THAT SHOWS ITSELF IN A DESIRE TO FIGHT BACK AT PERCEIVED INJUSTICE

THE RESPONSE TO ANGER

BLOW IT OUT - QUICK-TEMPERED EXPLOSIVE ANGER

PUSH IT DOWN – GRUDGE-INDUCING BITTERNESS ANGER

PULL IT UP – SOURCE THE ROOT AND REMOVE IT

Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. Ephesians 4:28

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. Ephesians 4:29

And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Ephesians 4:30

Give no opportunity for the Devil. Ephesians 4:27

SYMPTOMS OF ANGER

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Ephesians 4:31

BITTERNESS – ANGER FANTASIES

WRATH - DEMANDNESS

ANGER – FEELING INCONVENIENCED

CLAMOR - WHINING

SLANDER - JUDGMENTALISM

MALICE – CHRONIC NEGATIVITY

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Ephesians 4:32