

1.

## 2. Faith/Spiritual Life

1. As a way to more successful and happy living?

OR

2. As a way in which flawed and sinful people are made whole and called to help others experience the same

3. The first is simply a way of enhancing what you want.

The second is a commitment of yourself to become what God wants.

4. The first is focused on broken human desires.

The second is focused on human need and what God rightly desires.

5. Insert menti chart pic

6. Anger - Bitterness - Resentment

7. Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.

~Mark Twain

8. Things that can make you mad

9. Biblical examples

10. What about you?

11. Where does anger come from?

What are we supposed to do about it?

12. Anger can move us to take right action.

It can also take over and move us to sin.

13. Others may be responsible for your initial anger.

You are the only one responsible for what happens next.

14. As soon as we begin to take responsibility for what's going on in our own hearts and what we do with that, we open the door to the Holy Spirit's power to change.

15. Hair-trigger

Slow-cooker

Spewer

Hider

Bottler

Save it for later

16. Emotions are good followers

but terrible leaders

17. Paul's Letter to the Ephesians

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

Ephesians 4:26-27

19. Anger seems to put people

in a vulnerable place

20. Paul recognizes there is a quick development of anger into something damaging and dishonoring

21. By allowing anger to continue unresolved, you surrender territory in your heart to evil

22. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Ephesians 4:29

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

Ephesians 4:30

24. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Ephesians 4:31

25. Follow God's example, therefore,

as dearly loved children

Ephesians 5:1

26. and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Ephesians 5:2

27. My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,

James 1:19

28. because human anger does not produce the righteousness that God desires.  
James 1:20

29. anger => resentment => bitterness

30. Recognize that anger does not produce the righteous will of God

Slow down your reaction time -

limiting evil's influence

Listen - opening up to the truth

Pray - inviting in God's will

Act in love

*To help remember:*

Right SOIL

31. Insert menti chart pic

32.