**Toxic Emotions** (Series Graphic)

**Anger**

(Proverbs 14:7)

“A quick-tempered person does **foolish** things…”

(Matthew 5:22)

"But I tell you that anyone who is **angry** with a brother or sister will be subject to judgement. Again, anyone who says to a brother or sister, 'Raca,' is answerable to court. And anyone who says, ‘You fool!’ will be in danger of the fire of **hell**."

(James 1:19-20)

"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."

(Proverbs 29:22)

“An **angry** person stirs up conflict, and a **hot-tempered** person commits **many sins**.”

(Proverbs 22:24-25)

“Do not make friends with a hot-tempered person, do not associate with one easily angered, **or you may learn their ways** and get yourself **ensnared**.”

(Proverbs 14:29)

“Whoever is slow to anger has a great understanding, but he who has a **hasty temper** exalts folly.”

(Proverbs 16:32)

“Whoever is slow to anger is **better** than the mighty, and he who rules his spirit than he who takes a city.”

What do I do with my **anger**?

(Proverbs 19:11) ESV

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

1. Just **let it go**.

(Ecclesiastes 7:8-9)

“The end of a matter is better than its beginning, and patience is better than pride. Do not be quickly provoked in your spirit, for anger resides in the lap of fools.”

(Ephesians 4:26)

“In your anger do not **sin**…”

1. Focus your anger on the **right things**.

If anger is **absent** we lack **passion**, but if it's a **problem** it will **destroy our life**.

(Psalm 3:1-6)

“**Lord, how many are my foes**! How many rise up against me! Many are saying of me, “God will not deliver him.” But you, Lord, are a shield around me, my glory, the One who lifts my head high. I call out to the Lord, and he answers me from his holy mountain. I lie down and sleep; I wake again, because the Lord sustains me. I will not fear though tens of thousands assail me on every side.”

1. Affirm lots of **truth** first.

(Psalm 3:7-8)

“Arise, Lord! Deliver me, my God! Strike all my enemies on the jaw; break the teeth of the wicked. From the Lord comes deliverance. May your blessing be on your people.”

1. Take the **offense** and the **offender** to the Lord.

(Psalm 137)

“By the rivers of Babylon we sat and wept when we remembered Zion. There on the poplars we hung our harps, for there our captors asked us for songs, our tormentors demanded songs of joy; the said, “Sing us one of the songs of Zion!” How can we sing the songs of the Lord while in a foreign land? If I forget you, Jerusalem, may my right hand forget its skill. May my tongue cling to the roof of my mouth if I do not remember you, if I do not consider Jerusalem my highest joy. Remember, Lord, what the Edomites did on the day Jerusalem fell. “Tear it down,” the cried, “tear it down to its foundations!” Daughter Babylon, doomed to destruction, happy is the one who repays you according to what you have done to us. Happy is the one who seizes your infants and dashes them against the rocks.”

 God is better at **justice** and **righteousness** than you.