

- \$86,400 is yours.
- What would you do if someone takes \$10 from you?
- Become irate over the \$10, or simply let it go?

- Are we in control of our anger or does it manage us?
- Ephesians 4:26, 27

When Angry, I Will

Keep it in Perspective

- People make honest mistakes. Kids spill things. Clerks commit errors. Family says insensitive things.
 - So do you.
- Ever been hot with anger and then moments later not be able to remember why you were angry?
- Jonah 4:6-11
- 2 Timothy 4:16, 17
 - Paul had a better Friend by his side.
- Other times, the proper perspective will cause us to explode. John 2:13-17

Calculate the Potential Damage

- Uncontrolled anger is a weapon.
- Can inflict verbal damage:
 - James 3:5, 6, 9
 - “Sticks and stones...” saying is a lie.
- Capable of inflicting physical pain:
 - Genesis 4:3-8
- Will hurt self:
 - Proverbs 22:24, 25; 29:11

Maintain Control

- Controlling the spirit is possible.
 - Ephesians 4:26, 27
 - Genesis 4:6, 7
- Few innately possess this virtue.
- It takes work *before* we are worked up and in an emotionally-elevated circumstance.
 - Proverbs 15:1
 - Proverbs 16:32

Go to God

- Pray to God:
 - Be specific about your frustrations and issues.
 - Philippians 4:6
- Allow God to make wrongs right:
 - 2 Timothy 4:14
 - 1 Peter 2:21-23; 4:19
 - James 4:4-9