

GRACE COMMUNION CHURCH

ANGER

ACTS OF OMISSION

HYDERABAD

*Be Blessed
and
Become a Blessing*



Ephesians 4

- **31** Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. **32** Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

*Be Blessed
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Become a Blessing*



Ephesians 4

- **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.

*We Blessed
and
Become a Blessing*



PSYCHOLOGY OF ANGER

- ▶ ANGER IS A NATURAL, ADAPTIVE RESPONSE TO THREATS
- ▶ HOTHEADS / GRUMPY (GENETIC OR LEARNED BEHAVIOUR)
- ▶ EXPRESSED / SUPPRESSED / REPRESSED / CONFESSED
- ▶ ANGER MANAGEMENT: YOU CANNOT CHANGE PEOPLE OR SITUATIONS BUT YOU CAN LEARN TO CONTROL YOUR REACTIONS

Become a Blessing



THEOLOGY OF ANGER

- ▶ [Eph 4:26](#) “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.
- ▶ **Don't let it control you**
- ▶ **Anger should not be ignored**
- ▶ **Allowing demonic influence**

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THEOLOGY OF ANGER

- ▶ **Proverbs 19:11** A man's discretion makes him slow to anger, And it is his glory to overlook a transgression.
- ▶ **You have a choice**
- ▶ **You cannot ignore anger but you can ignore an offence**

*and
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THEOLOGY OF ANGER

- ▀ **Prov 20:22** Do not say, “I will repay evil”; Wait for the LORD, and He will save you.
- ▀ **Anger indicates a threat to your security**

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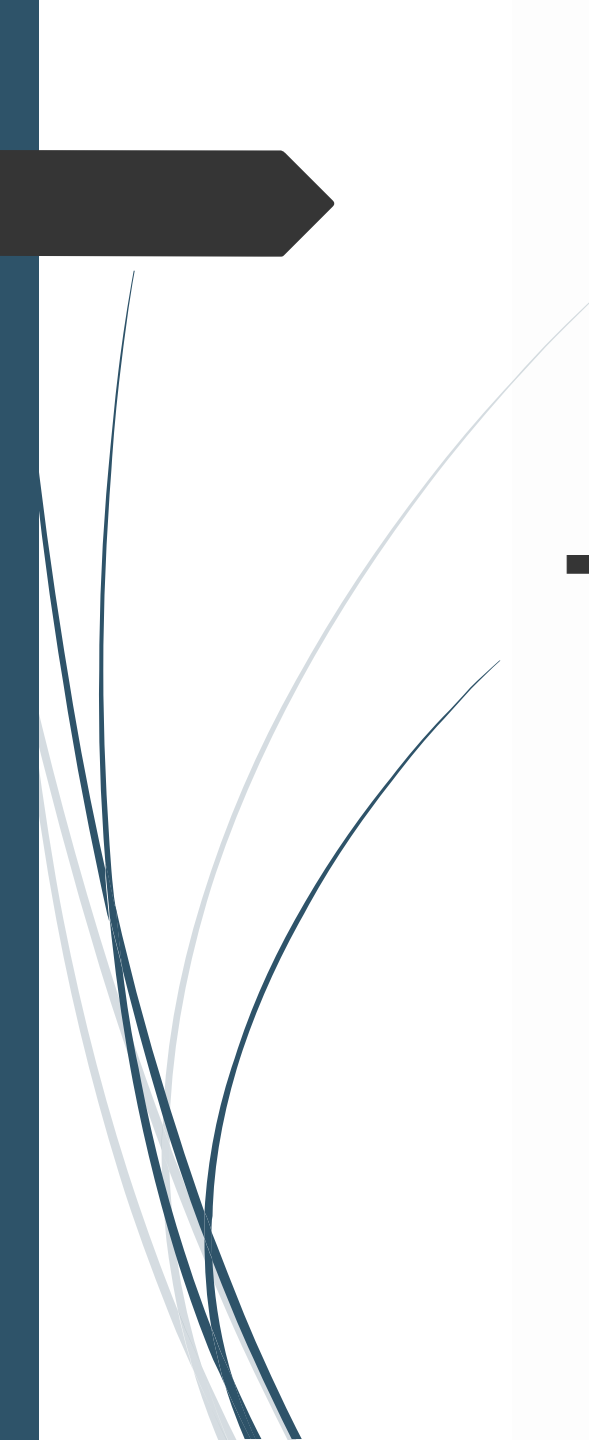
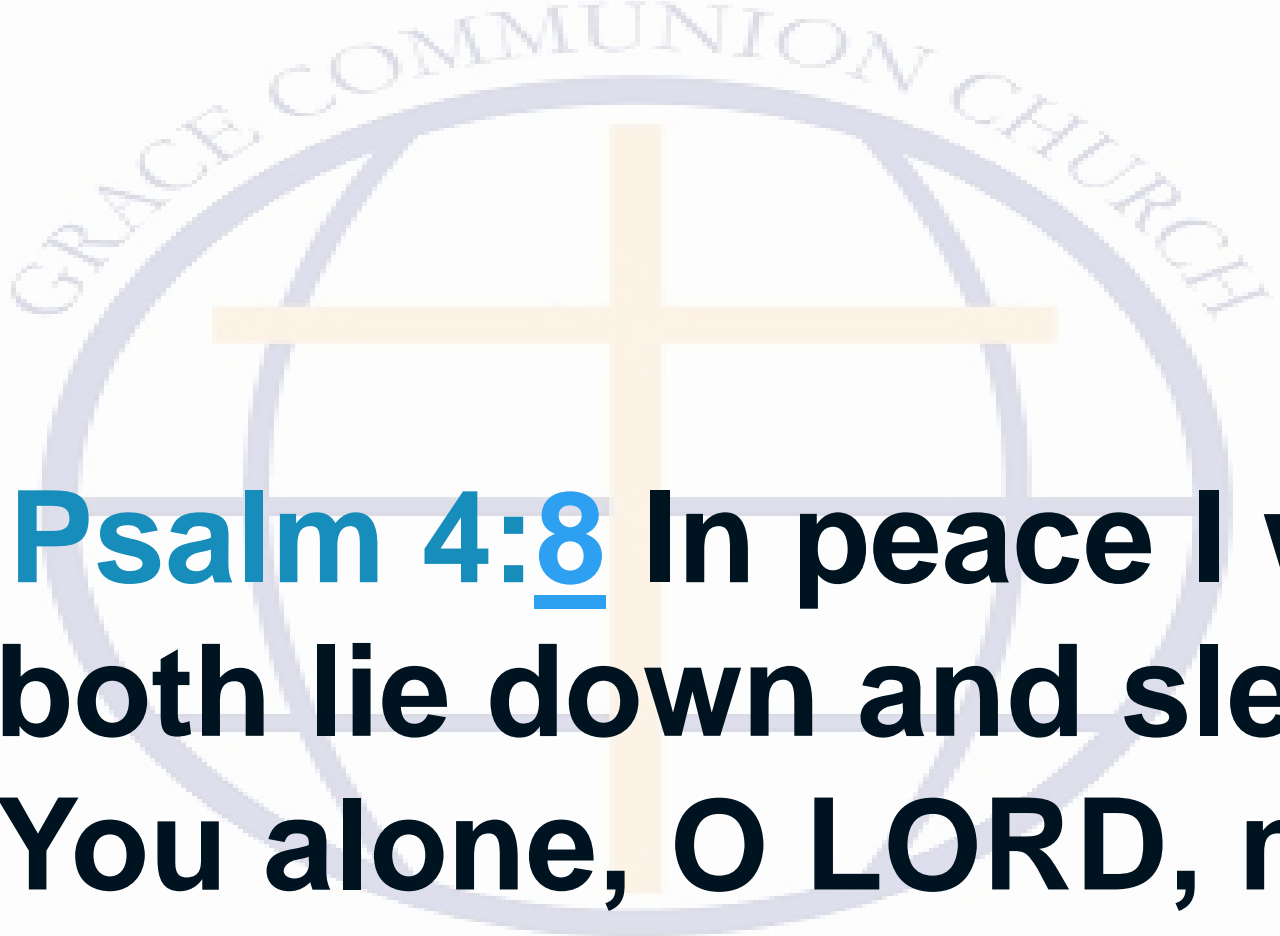


Rejection humiliation disrespect

inferiority false expectations hurts

low self-esteem unmet needs

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- **Psalm 4:8** In peace I will both lie down and sleep, For You alone, O LORD, make me to dwell in safety.

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RESTORATIVE ANGER



- ➔ John 13:34 “A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another.”

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THE BEST EXPRESSION OF ANGER

- ▶ Anger that leads to destruction is sinful
- ▶ Anger that merely protects yourself is inadequate
- ▶ Anger that leads to restoration is “righteous anger”

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