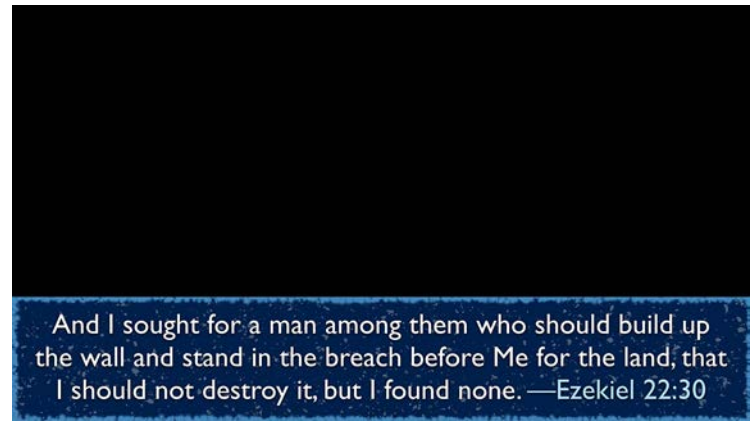


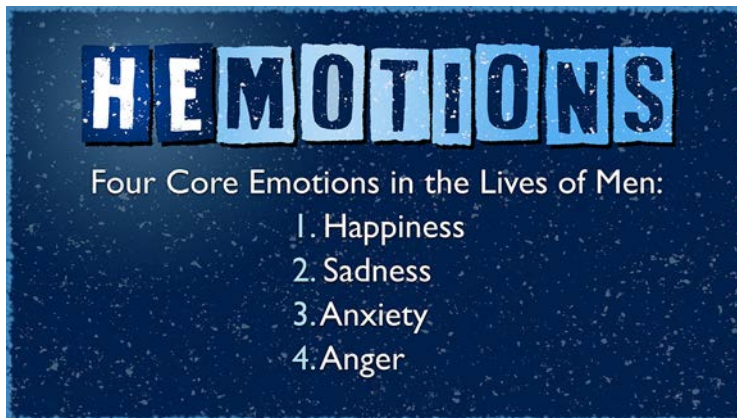


-.001.tiff

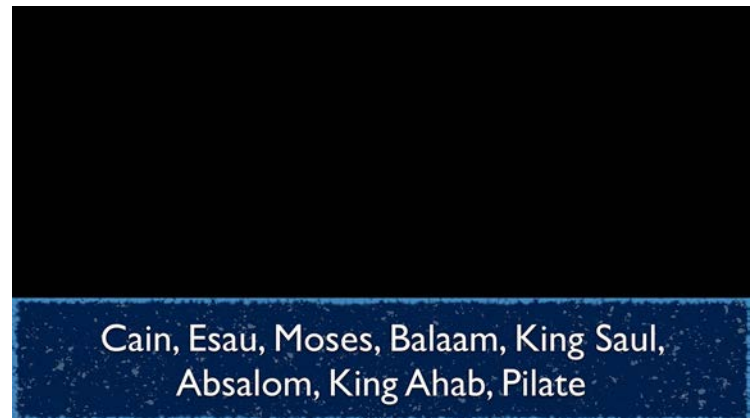


And I sought for a man among them who should build up the wall and stand in the breach before Me for the land, that I should not destroy it, but I found none. —Ezekiel 22:30

-.002.tiff



-.003.tiff

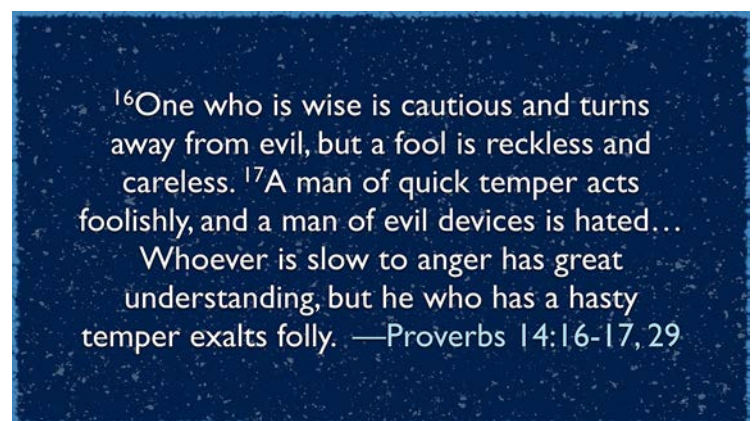


Cain, Esau, Moses, Balaam, King Saul, Absalom, King Ahab, Pilate

-.004.tiff



-.005.tiff



¹⁶One who is wise is cautious and turns away from evil, but a fool is reckless and careless. ¹⁷A man of quick temper acts foolishly, and a man of evil devices is hated... Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly. —Proverbs 14:16-17, 29

-.006.tiff

“How much more grievous are the consequences of anger than the causes of it.”
—Albert Einstein

-.007.tiff

Refrain from anger, and forsake wrath!
Fret not yourself; it tends only to evil.
—Psalm 37:8

¹⁹Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; ²⁰for the anger of man does not produce the righteousness of God.
—James 1:19-20

-.008.tiff

“Whatever is begun in anger ends in shame.”
—Benjamin Franklin

-.009.tiff

WHAT DOES
UNBRIDLED
ANGER DO?

Anger injures people that matter in our lives.

-.010.tiff

¹A soft answer turns away wrath, but a harsh word stirs up anger... ¹⁸A hot-tempered man stirs up strife, but he who is slow to anger quiets contention. —Proverbs 15:1, 18

A man of wrath stirs up strife, and one given to anger causes much transgression.
—Proverbs 29:22

-.011.tiff

WHAT DOES
UNBRIDLED
ANGER DO?

Anger consumes the energy and health of our bodies.

-.012.tiff

"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

-.013.tiff

WHAT DOES
UNBRIDLED
ANGER DO?

Anger opens the door to strongholds of sin and bondage.

-.014.tiff

²⁶Be angry and do not sin; do not let the sun go down on your anger; ²⁷and give no opportunity to the devil. —Ephesians 4:26-27

-.015.tiff

¹⁵See to it that no one fails to obtain the grace of God; that no "root of bitterness" springs up and causes trouble, and by it many become defiled; ¹⁶that no one is sexually immoral or unholy like Esau, who sold his birthright for a single meal. ¹⁷For you know that afterward, when he desired to inherit the blessing, he was rejected, for he found no chance to repent, though he sought it with tears. —Hebrews 12:15-17

-.016.tiff

WHAT DOES
UNBRIDLED
ANGER DO?

Anger is a leading cause of depression and suicide.

-.017.tiff

WHY DOES
ANGER RULE?

I. Violation of Our Rights

-.018.tiff

WHY DOES
ANGER RULE?

1. Violation of Our Rights
2. Blocked Goals

-.019.tiff

WHY DOES
ANGER RULE?

1. Violation of Our Rights
2. Blocked Goals
3. Personal Irritations/Preference

-.020.tiff

WHY DOES
ANGER RULE?

1. Violation of Our Rights
2. Blocked Goals
3. Personal Irritations/Preference
4. Feeling Misunderstood

-.021.tiff

“Always remember that when you are in the right you can afford to keep your temper, and when you are in the wrong you cannot afford to lose it.” —John J. Reynolds

-.022.tiff

WHY DOES
ANGER RULE?

1. Violation of Our Rights
2. Blocked Goals
3. Personal Irritations/Preference
4. Feeling Misunderstood
5. Unrealistic Expectations

-.023.tiff

“Other people don’t create your spirit, they only reveal it.” —Henry Brandt

-.024.tiff

WHY DOES ANGER RULE?

1. Violation of Our Rights
2. Blocked Goals
3. Personal Irritations/Preference
4. Feeling Misunderstood
5. Unrealistic Expectations
6. Pathological/Psychological Issues

-.025.tiff

HOW CAN ANGER BE HARNESSSED?

-.026.tiff

A fool gives full vent to his spirit, but a wise man quietly holds it back. —Proverbs 19:11

-.027.tiff

⁶But He gives more grace. Therefore it says, "God opposes the proud but gives grace to the humble." ⁷Submit yourselves therefore to God. Resist the devil, and he will flee from you. ⁸Draw near to God, and He will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.

—James 4:6-8

-.028.tiff

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

[Love] does not rejoice at wrongdoing, but rejoices with the truth.

—1 Corinthians 13:6

-.029.tiff

Good sense makes one slow to anger, and it is his glory to overlook an offense.
—Proverbs 19:11

-.030.tiff

³¹Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³²Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

—Ephesians 4:31-32

-.031.tiff

“The moment I start hating a man, I become his slave. I can’t enjoy my work anymore because he controls my thoughts. My resentments produce too many stress hormones in my body and I become fatigued after a few hours of work. The work I formerly enjoyed is now drudgery. Even vacations cease to give me pleasure. It may be a luxurious car that I drive along a lake fringed with the autumnal beauty of maple, oak and birch.

-.032.tiff

As far as my experience of pleasure is concerned, I might as well be driving a wagon in mud and rain. The man I hate hounds me wherever I go, I can’t escape his tyrannical grasp on my mind... The man I hate may be miles from my bedroom; but more cruel than any slave driver, he whips my thoughts into such a frenzy that my mattress becomes a rack of torture.”

—Dr. S.I. McMillen, *None of These Diseases*

-.033.tiff

“Anger gets us into trouble.
Pride keeps us there.”

-.034.tiff