

BE ANGRY AND SIN NOT

- I. Anger
 - A. Two sides – Justified Eph. 4:26; Unjustified Eph. 4:31
 - B. #1 way we give place to the devil Eph. 4:27
 - C. Two Greek words for anger – Anger, orge; Wrath; thumos

- II. Anger is a secondary emotion
 - A. There is always another emotion you feel first.
 - 1. Frustration
 - 2. Injustice
 - 3. Guilt
 - 4. Hurt
 - 5. Threat
 - B. Two ways we sin with our anger: Blow up or Clam up

- III. Remedies to Anger
 - A. Avoid reacting too quickly to what we see and hear
 - B. Do not use anger to make things right
 - C. Let God be the ONE to get justice and not avenge ourselves
 - D. Do not allow anger or retain anger to go on prolonged or unresolved
 - E. Develop in long-suffering , forbearance, and forgiveness