

SIF

## A Biblical Look at Anger

*“Be angry, and do not sin”: do not let the sun go down on your wrath,”*  
Ephesians 4:26 (NKJV)



## ***What is Anger?***

Anger is a God given emotion to change something wrong.





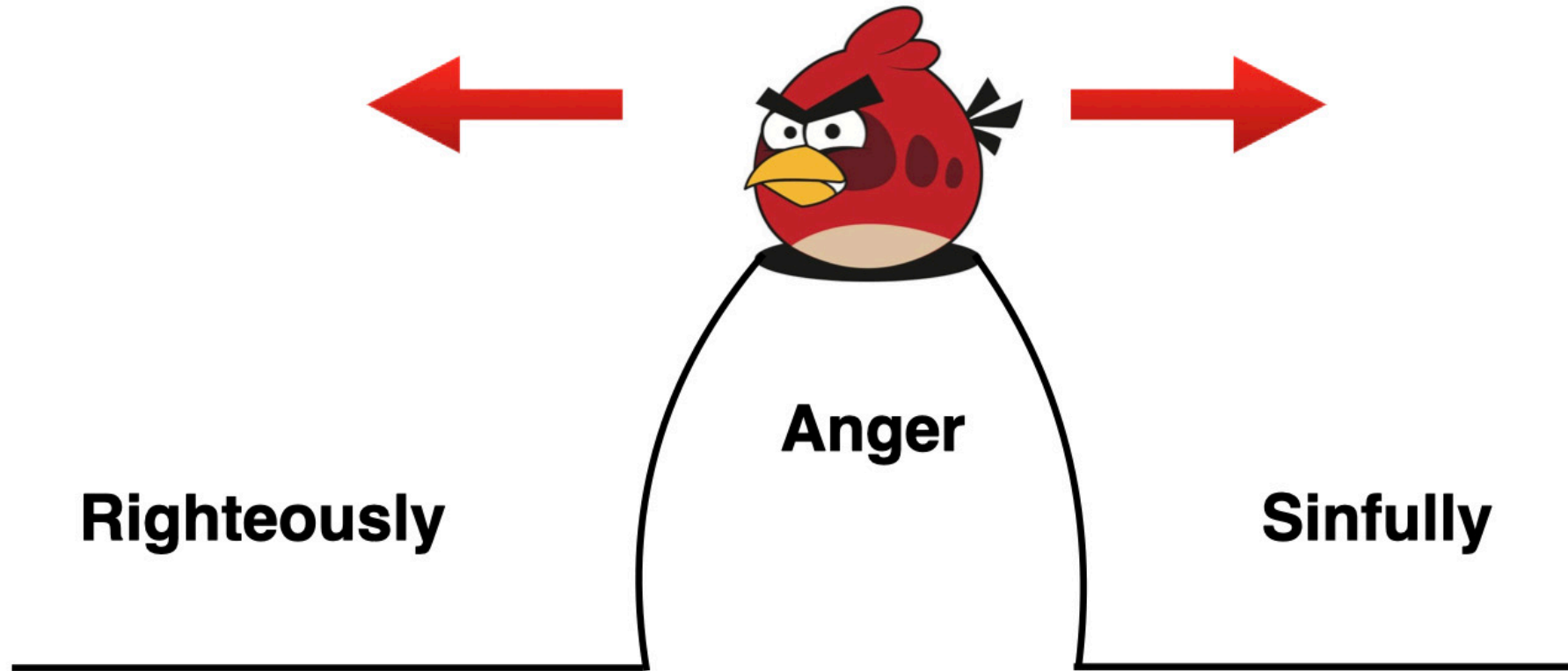
*“Be angry, and do not sin; do not let the sun go down on your wrath.”* Ephesians 4:26 (NKJV)



# Anger Mountain

*“Be angry, and do not sin: do not let the sun go down on your wrath,”*

Ephesians 4:26 (NKJV)



**1. Is This Anger Something God would  
get Angry About?**

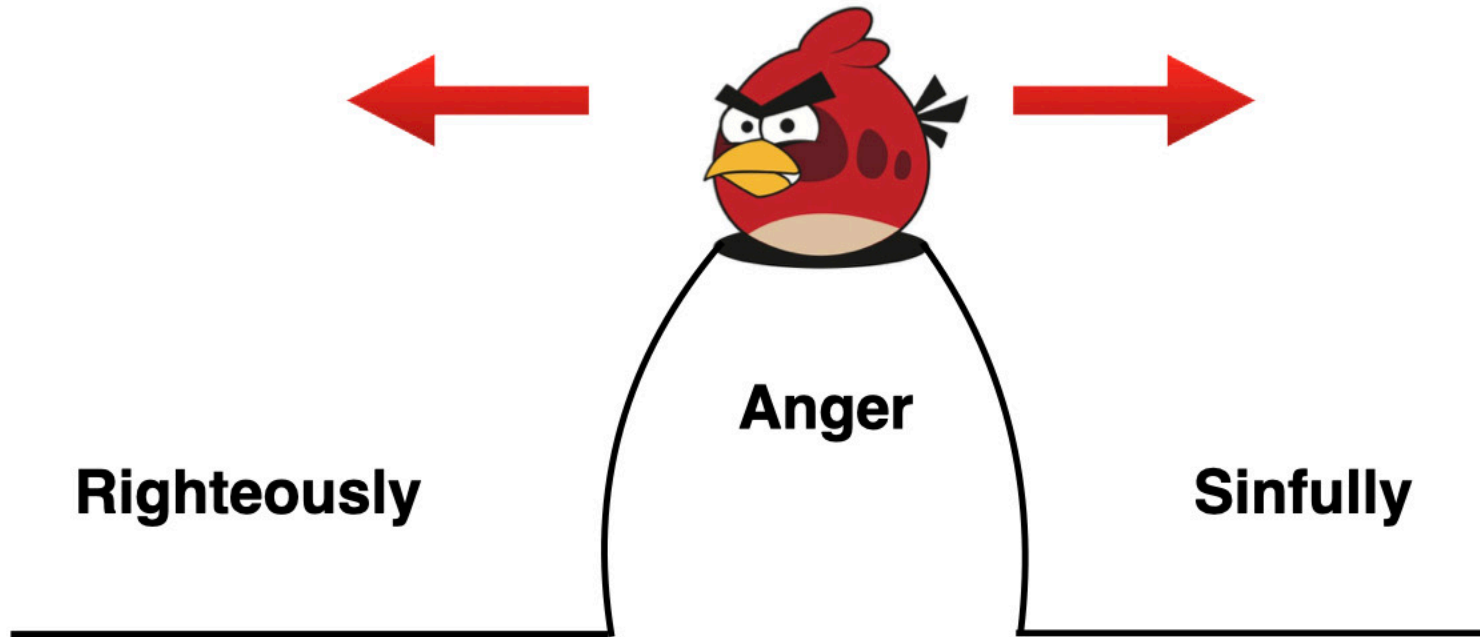




# Anger Mountain

***“Be angry, and do not sin: do not let the sun go down on your wrath,”***

Ephesians 4:26 (NKJV)



***Question 1: Is this something God would get angry about?***

*“A hot-tempered man stirs up strife, but the slow to anger calms a dispute.”* Proverbs 15:18 (NASB)

*“Those with good sense are slow to anger, and it is their glory to overlook an offense.”* Proverbs 19:11 (NRVS)

*“Fools vent their anger, but the wise quietly hold it back.”*  
Proverbs 29:11 (NKJV)



**Share a few Pet-Peeves with a friend that  
you should not be angry about.**

**Examples:**

**Smoking in the elevator.**

**Didi driver cancelling on you.**

**Your entertainment counsel on the airplane is broken.**



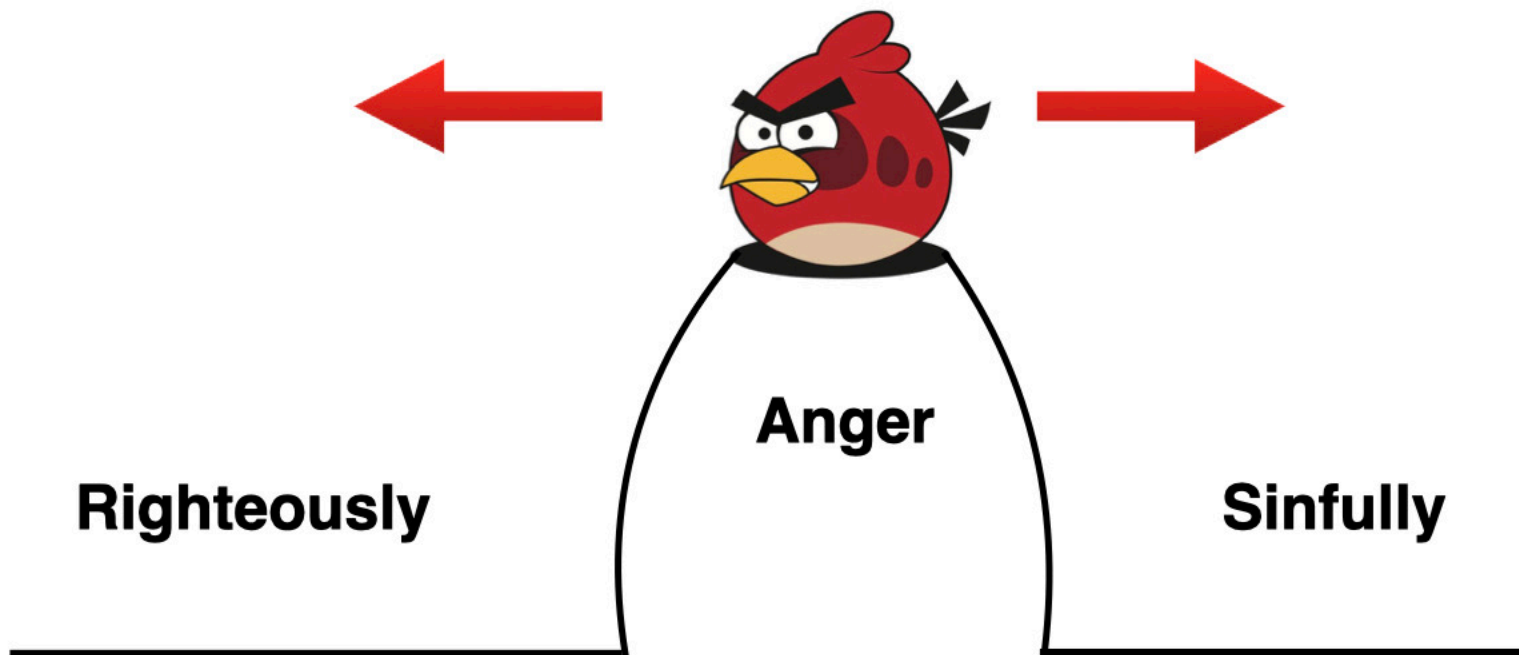
## 2. How Do I Respond Righteously?



# Anger Mountain

***“Be angry, and do not sin: do not let the sun go down on your wrath,”***

Ephesians 4:26 (NKJV)



***Question 1: Is this something God would get angry about?***

***Question 2: How do I respond righteously?***



*“Don’t sin by letting anger control you. Think about it overnight and remain silent.”* Psalm 4:4 (NLT)

*“A fool’s anger is known at once, ....”* Proverbs 12:16 (NASB)

*“A soft answer turns away wrath, but a harsh word stirs up anger.”* Proverbs 15:1 (NKJV)



**Share a Righteous Anger you had with:  
a sinful & righteous way to handle it.**

**Examples:**

**Someone purposely giving you the wrong directions:  
Screaming & Crying or  
Pray for them and get new directions.**



### **3. Unlearn Bad Anger Habits:**



*“Make no friends with those given to anger,  
and do not associate with hotheads, 25 or you may  
learn their ways and entangle yourself in a snare.”*  
Proverbs 22:24,25 (NRSV)





*“A man of great anger will bear the penalty, for if you rescue him, you will only have to do it again.”*

Proverbs 19:19 (NASB)

*“Reject a divisive man after the first and second admonition,”* Titus 3:10 (NKJV)





*“You have searched me, Lord, and you know me.  
2 You know when I sit and when I rise; you perceive  
my thoughts from afar. 3 You discern my going  
out and my lying down; you are familiar with all my  
ways. 4 Before a word is on my tongue you, Lord,  
know it completely.” Psalm 139:1-4 (NIV)*

