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### Ephesians 4:26-27 BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, <sup>27</sup> and do not give the devil an opportunity.



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## ANGER is only one letter short of



#### **Ephesians 4:31**

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

#### Colossians 3:8

<sup>8</sup> But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.









# V Gn e e







RUBES\*

### By Leigh Rubin



Relationsintp





### ALONE

### James 1:19-20

<sup>19</sup> Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; <sup>20</sup> for the anger of man does not produce the righteousness of God.



HANDLING A POWERFUL EMOTION IN A HEALTHY WAY

#### **Colossians 3:12-15**

<sup>12</sup> Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, <sup>13</sup> bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.

<sup>14</sup> And above all these put on love, which binds everything together in perfect harmony. 15 And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.



- Love-Goal of Every Relationship
- Compassion (HP-HP)
- >Treat Others Kindly (Golden Rule)
- > Self Control-Humble and Meek
- ► Be Patient
- > Forgive



<sup>15</sup> And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.



"The man who is angry at the right things and with the right people, and further, as he ought, when he ought, and as long as he ought, is praised."

-Aristotle

#### BILL HYBELS

## HOLLY Discontent

Fueling the Fire that Ignites Personal Vision