





RECONCILIOLOGY

EPHESIANS 2:14-16

"For Jesus himself is our peace, who has made the two groups one and has destroyed the dividing wall of hostility...in himself making one new humanity out of the two, thus making peace, and in one body to reconcile both of them to God through the cross, by which he put to death their hostility."

EPHESIANS 2:17

"You must no longer live as the Gentiles do, in the futility of their thinking."

EPHESIANS 2:25-26

"Therefore put off falsehood and speak truthfully to your neighbor, for we're all members of one body. 'In your anger do not sin': Don't let the sun go down while you're still angry, and do not give the devil a foothold."

EPHESIANS 2:29-32

"Don't let any unwholesome talk out of your mouths, but only what helps to build others up according to their needs. And don't grieve the Holy Spirit, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling, slander, along and every form of malice. Be kind and compassionate, forgiving each other, just as in Christ God forgave you."

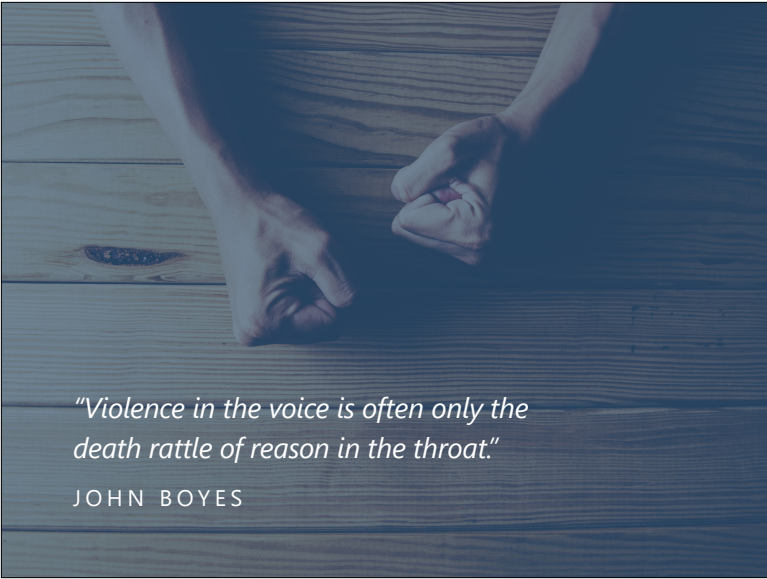
RECONCILIOLOGY
Mastering Anger

1
Anger is dumb



"A fool gives full vent to his anger."

PROVERBS 29:11



"Violence in the voice is often only the death rattle of reason in the throat."

JOHN BOYES



RECONCILIOLOGY
Mastering Anger

2

Anger is deceitful

"Whoever sows sin reaps weeds, bullying anger sputters into nothing."

PROVERBS 22:8



"Anger is never without an argument, but seldom with a good one."

EDWARD HALIFAX

RECONCILIOLOGY
Mastering Anger

3

*Anger is
destructive*



RECONCILIOLOGY
Mastering Anger



"A word out of your mouth may seem of no account, but it can accomplish nearly anything—or destroy it! It only takes a spark to set off a forest fire. A careless word out of your mouth can do that. By our speech we can ruin the world, turn harmony to chaos, throw mud on a reputation, send the whole world up in smoke."

JAMES 3:5-6

EPHESIANS 4:26

THE COMMAND

"Be angry"

THE QUALIFIER

"And don't sin."

REGULATING ANGER

When angry, practice the discipline of delay

"In your anger, DO NOT SIN."

EPHESIANS 4:26

"Slowness to anger makes for deep understanding; a quick-tempered person stockpiles stupidity."

PROVERBS 14:29, MSG

"The greatest remedy for anger is delay."
SENECA

"Fools vent their anger, but the wise quietly hold it back."

PROVERBS 29:11

"Don't sin by letting anger control you. Think about it overnight and remain silent."

PROVERBS 29:11

REGULATING ANGER


When angry, commit to keeping short accounts.

"Don't let the sun set on your wrath."

EPHESIANS 4:26

"The flame of anger is not wrong, but the coals are."

HENRY WARD BEECHER

A dark, textured background of horizontal wood planks.

"Their sins I will remember no more."

HEBREWS 10:17

REGULATING ANGER

*When angry, leverage
it for personal growth.*

*"Anger is a God-given capacity which offers magnificent
possibilities if you manage your anger creatively."*

NEIL CLARK WARREN

ANGER AS A CATALYST

For difficult conversations:

"Put away all falsehood and tell your neighbor the truth."

EPHESIANS 4:25

For breaking strongholds:

"Do not give the devil a foothold."

EPHESIANS 4:28

ANGER AS A CATALYST

For constructive words:

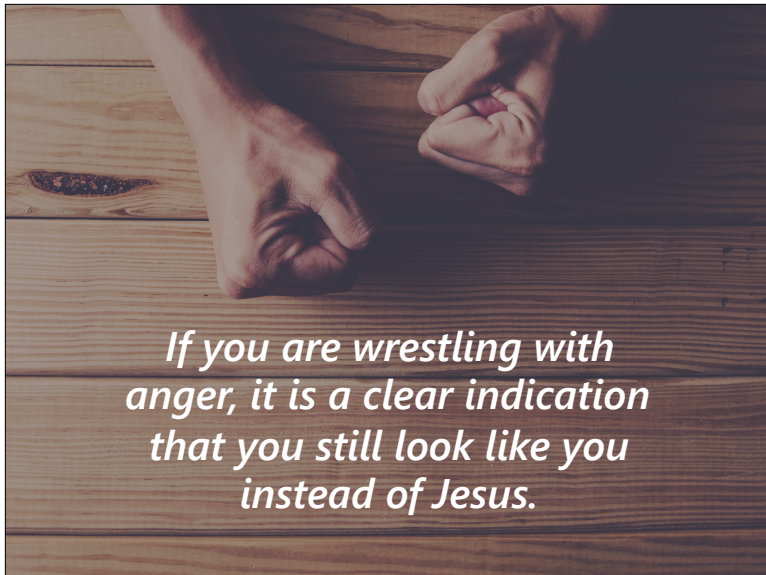
"Let nothing harmful out of your mouth. Say only what helps, each word a gift."

EPHESIANS 4:29

For spiritual growth:

"Do not grieve the Holy Spirit."

EPHESIANS 4:30



If you are wrestling with anger, it is a clear indication that you still look like you instead of Jesus.



"But God gives extra grace to those who humble themselves before him."

JAMES 4:6

