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Series: The Christian's Spiritual Wardrobe

Title: Burn Your Angry Clothes

Text: Ephesians 4:26-27

²⁶ "In your anger do not sin": Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold

There are many common triggers for anger, such as losing your patience, feeling as if your opinion or efforts aren't appreciated, and injustice. Many people are easily angered when they're already experiencing negative feelings caused by hunger, stress, nervousness, sadness, fatigue, illness, or boredom. Anger causes a physical reaction in the body.

What Causes Anger?

Other than mental health issues there are some Common roots of anger which include fear, pain, and frustration. For example, some people become angry as a fearful reaction to uncertainty, to fear of losing a job, or to fear of failure. Others become angry when they are hurt in relationships or are caused pain by close friends.

The Bible acknowledges our struggle with controlling anger.

v.26 In your anger do not sin

When does anger become sin?

1. When it causes pain to yourself or others.
2. When it creates tension in relationships.
3. When it results in destructive behavior.

The Bible tells us to take charge of our anger

v.27 don't let the sun go down on your anger

...seek a quick resolution avoid holding grudges or revenge.

Here are some easy ways to stop feeling angry.

Avoid situations that trigger anger.

Pray about it.

Exercise. Anger is an energy that expresses itself in and through the body.

Use your anger as motivation to make a change.

Watch or listen to something funny.

Shift your focus.