









The events in Nice should not be allowed to fade from our collective memory. An age of terror is upon us. The sight of the bodies of children on a highway in France should provoke a response that is far more permanent and substantial than doe-eyed leaders trotting out the tired litanies of "our thoughts are with the citizens of (fill in the location of the latest atrocity). Rex Murphy. National Post. July 15, 2016 At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another.

Titus 3:3

What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.

James 4:1-2

So Cain was very angry, and his face was downcast. Then the LORD said to Cain, "Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.

Genesis 4:4-7



# Fools give full vent to their rage, but the wise bring calm in the end.

Proverbs 29:11



Jesus looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.

**Mark 3:5** 



#### In your anger do not sin": Do not let the sun go down while you are still angry. Ephesians 4:26-27

not NO anger not BLOW anger but SLOW anger Anger: Your emotional response when something (or someone) you love is threatened.

We tend to be taken aback by the thought that God could be angry. how can a deity who is perfect and loving ever be angry?...We take pride in our tolerance of the excesses of others. So what is God's problem?

But love detests what destroys the beloved. Real love stands against the deception, the lie, the sin that destroys.... The more a father loves his son, the more he hates in him the drunkard, the liar, the traitor.... Anger isn't the opposite of love. Hate is. And the final form of hate is indifference. **Rebecca Manley Pippert** 

## How our Anger goes Wrong

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- 2. We get angry because we have faulty values.
- 3. We get angry because we love the wrong stuff.

# **Turning the Tables on Anger**

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Be assured that we'll wear you down by our capacity to suffer, and one day we will win our freedom. We will not only win freedom for ourselves; we will so appeal to your heart and conscience that we will win you in the process, and our victory will be a double victory.

MLK, December 24, 1967

# **Turning the Tables on Anger**

- 1. Ask the Question: Why am I angry?
- 2. Deescalate anger by overcoming evil with good
- 3. Follow the Leader: Forgive as you have been forgiven.

For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ, a lamb without blemish or defect.

1 Peter 1:18-19

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:31-32