

How to Deal with Anger
Heart of the Problem Series
Matthew 6:12, 14-15

Text: Put off all these: anger, wrath, malice (Colossians 3:8).

The wrath of man does not produce the righteousness of God (James 1:20).

Cease from anger, and forsake wrath; do not fret--it only causes harm (Psalm 37:8).

Do not hasten in your spirit to be angry, For anger rests in the bosom of fools (Ecclesiastes 7:9).

Make no friendship with an angry man, And with a furious man do not go, Lest you learn his ways And set a snare for your soul (Proverbs 22:24-25).

A quick-tempered man acts foolishly (Proverbs 14:17).

He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city (Proverbs 16:32).

"Whoever is angry with his brother without a cause shall be in danger of the judgment." (Matthew 5:22).

Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice (Ephesians 4:31).

- 233 times the word **anger** is used in the NKJV
- 92 times the word **angry** is used in the NKJV
- 198 times the word **wrath** is used in the NKJV
- 19 times the word **rage** is used in the NKJV

- Man's anger is referred to only 43 of these times

“Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you...[The Father] makes His sun rise on the evil and on the good.” (Matthew 5:44-45).

Husbands love your wives just as Christ also loved the church and gave Himself for her (Ephesians 5:25).

...that they admonish the young women to love their husbands, to love their children, (Titus 2:4).

“You shall love your neighbor as yourself.” (Matthew 22:39).

Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, “Vengeance is Mine, I will repay,” says the Lord. (Romans 12:19).

Love the brotherhood (1 Peter 2:17).

...abound in love to one another and to all (1 Thessalonians 3:12).