

A woman with long red hair, wearing a blue and white striped sweater, is shown in profile from the chest up, shouting with her mouth wide open. Her right hand is held up, palm facing forward, as if to block something. In the air between her mouth and her hand, a cloud of white, glowing letters and symbols is visible, representing words being blocked or rejected. The background is dark, and the overall scene is lit to highlight the woman and the floating text.

Matthew 5:21-26

How to Manage Your
Anger

WHAT JESUS SAYS ABOUT ANGER

Two Ways We Murder People

We murder people by assassinating their character

We attack someone's name and reputation

Jesus Gives Two Illustrations on How We Do That

Jesus gives the illustration of the church

Try to settle legal matters outside of the
courts if you can

There is positive anger

Positive anger is when we get angry at the things that make God angry

God gets angry over 400 times in the Bible
300 times after God gets angry things get better

John 2:15

And He made a scourge of cords, and drove *them* all out of the temple, with the sheep and the oxen; and He poured out the coins of the money changers and overturned their tables

Things that God gets angry at

Children being violated

Matthew. 19:14

Jesus gets angry with a wasted life

Matthew 19:16-22

There is Negative Anger

Frappuccino Anger-You ice people out of
your life

Volcanic anger-you erupt spilling hot lava
all over people

Garage anger-we box people up and put
them in the garage

Ways to Handle Our Anger

With positive anger we make a whip

With negative anger we bow the knee

Whatever sin we've got now it's going to
be compounded in old age

How to relate to one another in the church

Hebrews 3:13

But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness

How to relate to one another in the church

The responsibility of the Lucy's in the church is to exhort the Susan's

The responsibility of the Susans in the church is to give permission to the Lucy's to do the exhorting