

# 60 SECONDS IN THE SCRIPTURES

## ANGER

### THE FACTS:

- ✓ Anger is a natural emotion given to us from God, but we have to be careful to not take it too far or act too quickly (Pro. 14:17; Ecc. 7:9; James 1:19,20)
- ✓ Anger is something that God wants us to keep in check (Eph. 4:31; Col. 3:8)
- ✓ God has been angry at times (Deu. 4:21; 1 Kings 11:9; Psa. 7:11)
- ✓ Jesus has been angry (Mark 3:1-5; John 2:16; Mark 11:15-17; Mark 12:38-40)

### THE FOCUS:

- ✓ God desires that we replace anger with kindness and forgiveness (Eph. 4:32)
- ✓ God's anger is always a righteous reaction against evil (Rom. 1:18)
- ✓ God desires that we do not allow anger to lead us to sin, but like Jesus we can control it and let go of it as soon as we can (Eph. 4:26,27).
  - Control = do not sin or let the devil get a foothold
  - Let go = don't let the sun go down on your wrath (take care of it as soon as possible)
- ✓ If we allow anger to control us it can lead us to:
  - Say things we shouldn't and later regret it (Jonah 4:9; Eph. 4:29; James 3:10)
  - Hatred (1 John 2:9; 3:12-15; Pro. 10:12; Gal. 5:20)
  - Bitterness (Eph. 4:31; Rom. 3:14)
  - Grudges (James 5:9)