



DEFEATING ANGER

Matthew 5:21-26 // Dr. Ron Jones

"You have heard that it was said to those of old, 'You shall not murder; and whoever murders will be liable to judgment.' 22 But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire." MATTHEW 5:21-22 ESV

According to Jesus, anger is _____ in the heart.

The Many Faces of Anger

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

But now you yourselves are to put off these: anger, wrath, malice, blasphemy, filthy language out of your mouth. COLOSSIANS 3:8

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Ways to Defeat Anger

1. Pursue _____.

“So if you are offering your gift at the altar and there remember that your brother has something against you, ²⁴ leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.” MATTHEW 5:23-24 ESV

If possible, so far as it depends on you, live peaceably with all.
ROMANS 12:18

2. Settle the matter _____.

“Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. ²⁶ Truly, I say to you, you will never get out until you have paid the last penny.” MATTHEW 5:25-26 ESV

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. EPHESIANS 4:26-27 ESV

Unresolved anger leads to _____.

Unresolved anger will _____.

3. Clothe yourself with _____.

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. COLOSSIANS 3:12 NIV