

# **BIBLICAL ANGER MANAGEMENT**

Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil.

Ephesians 4:26-27

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.

James 1:19-20

Refrain from anger, and forsake  
wrath! Fret not yourself; it tends  
only to evil.

Psalms 37:8

Wrath is cruel, anger is  
overwhelming, but who can  
stand before jealousy?

Proverbs 27:4

## WHY DO WE GET ANGRY?

1. A response to poor circumstances in your or other people's life
2. A manifestation of deeper unresolved issues
3. A reaction to blocked goals
4. A result of acute or chronic pain, weariness and sickness that leaves us emotionally depleted and less able to control our anger



The result of uncontrolled anger is that a place of control or military beachhead is created from which the devil can launch his operations.



The Sin Threshold



Anger

# THINGS TO CONSIDER TOWARD BREAKING STRONGHOLDS OF ANGER

- **Leave** the situation and **process** alone with God
- **Confess** the anger and **know** you are a child of God
- **Examine** the source and **practice** self control



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- **Examine** the source and **practice** self control
- **Forgive** others and **reconcile** with those who you hurt
- **Surrender** your body to the will of God and **stand firm**  
against Satan's attacks