



# ABOUT ANGER

Ephesians 4:20-27

# ABOUT ANGER

- I loved the title of LaGard Smith's post on Facebook – "Nightmare Choices"
- Have you noticed an increase in anger lately among others?
- How about yourself?
- I want our three lessons for this week to be three things we need to remember about anger.
- What about anger?
- God's anger towards all of us.
- There is forgiveness.

# WHAT ABOUT ANGER?

- "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. (Eph. 4:26-27 NIV)
- James 1:19-20
- Is it okay to express anger?
  - Psalm 109:8-20
  - David and Saul
- 1 Samuel 25 – David, Nabal and Abigail