

ANGER IS A POWERFUL & ENERGIZING EMOTION

- Anger can overwhelm us physically in a millisecond!
- Anger can be managed.



ANGER IS A POWERFUL & ENERGIZING EMOTION Proverbs 16:32

He who is slow to anger is better than the mighty, and he who rules his spirit, than he who captures a city.



UNCONTROLLED ANGER CAN...

- Cripple us relationally Prov. 29:22
- Enslave us spiritually Eph. 4:26-27
- Be passed down to our children and grandchildren – Prov. 22:²⁴



WHEN ANGER BEGINS TO BUILD...

- Stop
- Look
- Listen
 - -What is happening in me?
 - -What is happening in you?
 - -What is happening between us?

