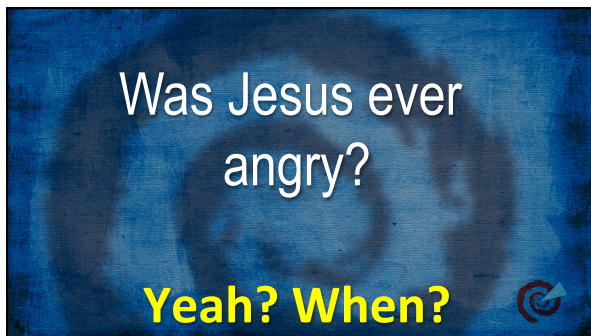




## Understanding Anger

*The emotional wrestling match*



Let's look again!!

*(Matt. 21, Mark 11,  
Luke 19, John 2)*



Jesus was angry twice:

*"...after looking around at them with **anger**, **grieved** at their hardness of heart..."*

*Mark 3:5*

Jesus was angry twice:

*"...But when Jesus saw this.  
He was indignant and said to  
them..."*

*Mark 10:14*

CONCLUSION:  
Godly anger is...

- *Stimulated by sin*
- *Feels like GRIEF*
- *Addresses the sin*
- *Restores the sinner*

Greatest expression of God's  
sinless anger?  
The CROSS!

Life Implication

IF your anger is  
NOT....  
**Beware!!**

The Sunset Principle

*"...do not let the sun go  
down on your anger,  
do not give the devil an  
opportunity."*

*Eph. 4:26b-27*

Resentment  
breeds gossip  
& false accusation

**Certainty!**



### **Life Application Discussion:**

- Share a time when your anger turned into gossip.
- Can you remember the dynamics that led to justifying the gossip?
- Will you set aside resentment in order to restore?