

(1)

DON'T CARRY ANGER IN YOUR HEART

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Ephesians 4:26 Be ye ANGRY, and sin not: let not the sun go down upon your wrath:

When a person is angry, he feels irritable, and provoked, and hurt.

Anger is a strong feeling of displeasure, and antagonism.

Every one has angry feelings at one time or other.

If anyone says, they never get angry, they either don't recognize what they are feeling, or they don't want to admit that they get angry.

You don't have to be growling with rage to be angry, most of the anger that people feel is not violent, or hard to control, it is irritating, and annoying, but can be controlled.

That is why the Bible tells us to be angry, and sin not.

We are told not to give place to the Devil.

Anger is a very unpleasant feeling; it is impossible to feel good if you are angry.

A great deal of stress is involved in being angry.

The blood pressure climbs up, and the heart beat accelerates. That is an uncomfortable feeling.

A person needs to know how to release the emotional tension that is building up on the inside.

If the tension is released the person will feel better, but if the tension is not released and is allowed to build

up; you better look out for and explosion, or a spell of sickness.

For if the anger is allowed to build up on the inside, in the heart, the anger will fester, and bitterness will set in.

The brains can be affected by the bitterness that's festering in the heart. It's not a good thing to carry anger around in your heart.

Anger can turn into rage, rage is when anger becomes violent.

When a person becomes violent, he is out of control; anger has turned into wrath, and wrath is the desire to avenge or punish the one that you are angry with.

EPHESIAN 4:26-27, 29 Be ye angry, and sin not: let not the sun go down upon your **wrath:**

Neither give place to the devil. Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

Ephesians 4:31 Let all **bitterness, and wrath, and anger,** and clamour, and **evil speaking,** be put away from you, with all malice: And **be ye kind one to another, tenderhearted,** forgiving one another, even as God for Christ's sake hath forgiven you.

Colossians 3:8-9 But now ye also put off all these; **anger, wrath,** malice, blasphemy, **filthy communication out of your mouth.** Lie not one to another, seeing that ye have put off the old man with his deeds;

WRATH IS ANGER OUT OF CONTROL

(2)

Ecclesiastes 7: 9 Be not hasty in thy spirit to be angry: for anger rest in the bosom of fools.

Psalms 37:8-9 Cease from **anger**, and **forsake wrath**: fret not thyself in any wise to do evil. For evildoers shall be cut off: but those that wait upon the LORD, they shall inherit the earth.

Proverbs 27:3-4 A stone *is* heavy , and the sand weighty; but a fool's **wrath** *is* heavier than them both.

Wrath *is* cruel, and **anger *is* outrageous**; but who *is* able to stand before envy?

Some people throw temper tantrums when their anger get out of control. Some people have insane flare ups, and dangerous outburst.

It don't take much to provoke some people to wrath. When a person is easily provoked it is because he is carrying anger in his heart.

The Bible said, He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

(Proverbs16:32) .

Some people are sick from carrying past resentments that they can't seem to let go, which cause them to have a nervous condition.

The person that rant and rage when the line is to slow in the market place is carrying anger in his heart, and may not be aware of it.

Some people rant and rage when the

car ahead of them is going to slow. At a time like that it is time to pray for patience.

Lord give me patience!

Many opportunities have been blown away because of explosive tempers. When we find that we are carrying anger around in our bosom, we better call on Jesus for spiritual growth. We will be led by the Spirit to add to our faith until we have added charity, which is the bond of perfectness. At this point, we are temperate, patient, kind, and full of charity. And anger has no control.

A little frail man, who is able to control his anger, is stronger than a husky muscle man, who is not able to control his anger.

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Beware of an angry fool! For he can go off like a time bomb. And blow up his chances for advancements, and if you let him, he will take you down with him.

Anger has a way of turning all common sense off, and letting all kinds of evil emotions take control.

We lose a portion of our sanity, and intelligence when we let our anger get out of control.

And without the benefit of intelligence, anything can happen. And the results will be regrettable. When people get angry and lose control, they don't care how ugly they look. They don't care how they push out their mouth and stretch their eyes, and huff and puff, and snarl and growl.

Anger can cause a person to do something that he will regret the rest of his life.

Anger can destroy something that it took years to build. Friendships can be torn apart by one uncontrolled fit of anger.

There will be some critical times in our lives, we may find ourselves under great pressure as a Christian, people may hurt our feelings, but we should not obey our feelings, we should walk in the Spirit, and in so doing we will not obey our fleshly feelings.

Don't let ANGER make a fool out of you! Don't let it blow your chance to be respected.

Don't let ANGER blow your opportunity to reach your desired goals in life.