

A FAITH THAT WORKS: CALM DOWN

James 1:9; Eph. 4:26-27

Anger (four faces).

- Rage—short **fuse**, intense, explosive, uncontrolled anger. Prov. 14:17; 29:22
- Wrath—An anger that wants revenge, desire to retaliate to return **hurt** for injustice. Luke 6:11
- Resentment—that stems from a grievance from anger that is suppressed over a **long** period of time. Luke 15:28-30
- Indignation—**rises** up as a result of seeing someone or something of importance be mistreated or suffering an injustice. John 2:13-17

Cause.

- **Injustices**. Gen. 37:3-4
- **Hurt**. 1 Sam. 20:3-4
- **Fear**. 1 Sam. 15:12, 15, 29
- **Frustration**. Gen. 4:3-5, 8

Casualty. Eph. 4:26-27

- Our relationship with **God**. Eph. 4:26-27; Jon. 4:1-4; Eph. 4:30-31; Col. 3:8; Rom. 3:10-18; 1 Thess. 5:19
- Our relationship with **others**. Gen. 4:1-8; Ex. 32:11-19; Gen. 33:4-18; 1 Sam. 18:8, 11; 19:10; 20:33; 17:38
- Our relationship with **ourselves**. Eph. 4:6-27; 1 Pet. 5:8; Eph. 6:11-12

Cure.

- Willing to **forgive** those who have hurt us. Eph. 4:31-32; Gen. 50:17-21
- Willing to **surrender** ourselves to God. James 4:11-12; Rom. 12:18-21; Luke 9:23
- Willing to let God's grace **work** in us. James 4:6; Eph. 2:8-9; John 1:16; 2 Cor. 9:8; 12:9-10
- Willing to let God's **love** flow in us and through us. 1 John 4:18; 1 Cor. 13:1-11