**Live Different; Live Free**

**Purging the Heart of Anger**

**[He Gets Us Commercial]**

**Ecclesiastes 7:9-10** “Be not quick in your spirit to become angry, for anger lodges in the heart of fools. 10 Say not, “Why were the former days better than these?” For it is not from wisdom that you ask this.”

**James 1:19-21** “Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; 20 for the anger of man does not produce the righteousness of God. 21 Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.”

**Proverbs 14:29** “Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.”

**Colossians 3:8-10** “But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. 9 Do not lie to one another, seeing that you have put off the old self with its practices 10 and have put on the new self, which is being renewed in knowledge after the image of its creator.”

**Matthew 5:17-24**

**How do we purge our heart of anger?**

1. **Pause before taking action.**

**Psalm 4:4** “Be angry, and do not sin; ponder in your own hearts on your beds, and be silent.”

**Matthew 22:34-40**

**1 Samuel 24:1-17**

1. **Pursue reconciliation with others.**
2. **Continue to worship God.**

**Psalm 57:1-11**

**Questions to discuss:**

How do you handle your anger? (Alone or with God)

What relationships need reconciled?

**Resources:** National Suicide Hotline: 988, Christian Counseling Services: 417-881-9800