

# What Do I Do with Anger?

*Be angry and do not sin. Don't let the sun go down on your anger,  
and don't give the Devil an opportunity.*

Eph 4:26-27 (HCSB)

## What makes you angry?

*Then the LORD said to Cain,*

*"Why are you furious? And why are you downcast? If you do right, won't  
you be accepted? But if you do not do right, sin is crouching at the door.*

*Its desire is for you, but you must master it."*

Gen 4:6-7 (HCSB)

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## How do people see you handle anger?

Spewers express anger.

Proverbs 29:11, 14:17

Stewers suppress anger.

Psalms 32:3 Luke 15:28

## How should you handle anger?

Sinful anger: drop it.

Proverbs 17:14, James 1:19-20

Sanctified anger: fan the flame.

Mark 3:5

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Are you a spewer or a stewer?

Do you know when to use water or gasoline?