

Title: Addressing anger
Series: Losing It
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Therefore, putting away lying, speak the truth, each one to his neighbor, because we are members of one another. Be angry and do not sin. Don't let the sun go down on your anger, and don't give the devil an opportunity. Let the thief no longer steal. Instead, he is to do honest work with his own hands, so that he has something to share with anyone in need. No foul language should come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear. And don't grieve God's Holy Spirit. You were sealed by him for the day of redemption. Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice. And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.
(Ephesians 4:25-32)

Always be removing anger by remembering your Savior.

Reflection Question:

What anger do you need to remove in order to focus on the finished work of Jesus?