

# *Dealing with Anger*

Ephesians 4:26-27, 31-32

## *Some first words of explanation*

There so many angry people in the world. We hear it all the time - from political leaders to ordinary people and even ourselves when we react angrily to something said or done.

Genesis chapter four has the first mention of human anger in Scripture – Cain is angry with his brother and sadly, that anger led to murder. Not all anger ends that way and these words in Ephesians help us to see how to take a different path. They make it clear that anger itself is not necessarily a sin – it's an emotion that can rise within us whether justified or not.

But what we must not do is give the devil a foothold, like Cain did, and let it lead to sinful thoughts and actions. Verse 32 gives us the positive teaching about how we should react in situations that could lead us to anger (read verse again)

## *A question to consider*

What is our normal response when we get angry?

What do these verses tell us to do instead of that normal response?

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### *Suggested prayer*

Lord, we confess that we have been guilty of the sin of anger on many occasions. Some of our anger has been contained within our own hearts and minds. On other occasions, the anger has spilled over into words and even actions.

Please forgive us and give us the grace to get rid of all such sin. Help us to be led more and more by the Holy Spirit in order to produce spiritual fruit like kindness, compassion and a willingness to forgive others rather than remaining angry. Through Jesus Christ our Lord we pray, amen.



[www.presbyterianireland.org/pastoralcare](http://www.presbyterianireland.org/pastoralcare)

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