



Welcome!

North church of Christ



HAPPY
FATHER'S DAY

WE'RE THANKFUL FOR YOU!













SNAGGED



SNAGGED

ANGER



**slow
burn**

**boil
over**

spectrum of anger

irritation **rage**

**“Anybody can become angry — that is easy,
but to be angry with the right person and to
the right degree and at the right time and for
the right purpose, and in the right way — that
is not within everybody's power”**

— Aristotle —

~~“Never be angry ...”~~

Ephesians 4:26-27
English Standard Version



“Be angry and do not sin ...”

Ephesians 4:26-27
English Standard Version



“Be angry and do not sin ...”

Ephesians 4:26-27
English Standard Version



“to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds,”

Ephesians 4:22-23

English Standard Version





“The merchant of death is dead.”

**What's beneath
the surface?**



“and to put on the new self created after
the likeness of God in true righteousness
and holiness.”

Ephesians 4:24
English Standard Version





“**put off** your old self, which belongs to your former **manner of life** ... and to **put on** the new self, created after the **likeness of God**”
(Eph 4:31).



Hurry Up & Wait!



Eph. 4:26-27 | Mt. 5:21-26

Ja. 1:19-21 | Gal. 5:14-25

Hurry Up & Wait!

*Promptly deal
with anger.*



*Pause before
you react.*

Eph. 4:26-27 | Mt. 5:21-26

Ja. 1:19-21 | Gal. 5:14-25

Hurry Up & Wait!



*Pause before
you react.*

**“Walk by the Spirit ...
not gratify ... the flesh”**



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ANGER IN THE BODY

A man with a beard and sunglasses, wearing a black cowboy hat, a red long-sleeved shirt, and a black vest with an ESPN logo, is performing on stage. He has his hands raised in a gesture. Behind him is a large backdrop with the ESPN logo and the text "MONDAY NIGHT FOOTBALL".

All My Rowdy Friends

“Let all **bitterness** and **wrath** and **anger** and **clamor** and **slander** be put away from you, along with all **malice**” (Eph 4:31).

Hurry Up & Wait!



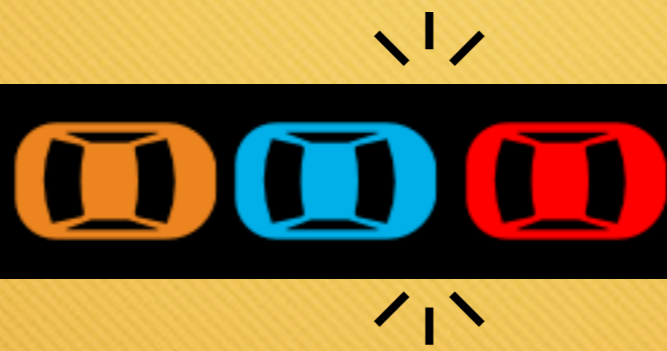
*Pause before
you react.*

**“Quick to hear, slow to
speak, slow to anger”**











Breathing Room



Breathing Room

PAUSE TO THINK



┌──────────┐
Breathing Room

PAUSE TO THINK

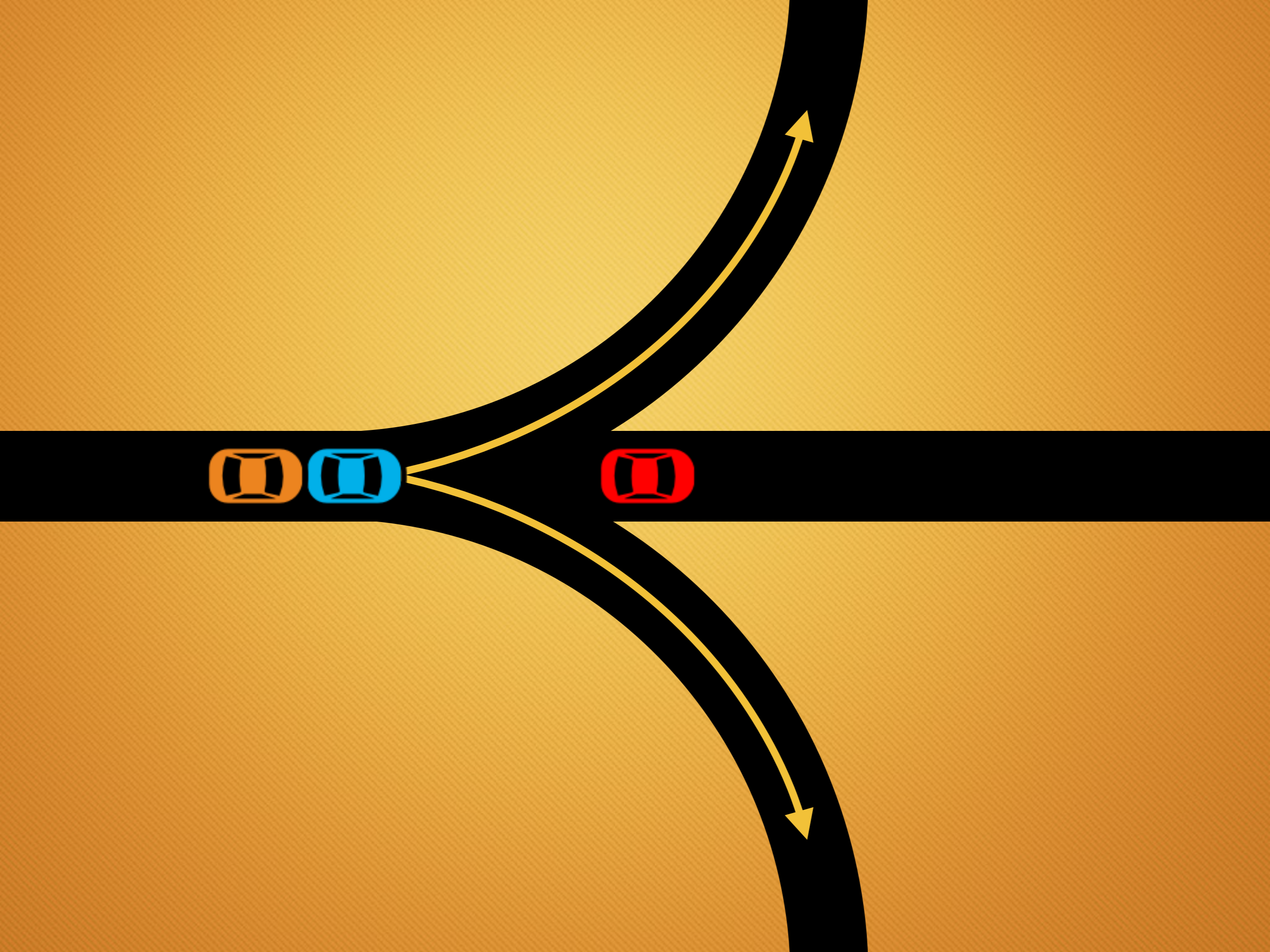
PAUSE TO LISTEN



┌──────────┐
Breathing Room

PAUSE TO THINK
PAUSE TO LISTEN
PAUSE TO PRAY





WORK IT OUT



Matt. 18:15, Eph. 4:15,
Prov. 29:11, 17:14

LET IT GO



Hurry Up & Wait!

*Promptly deal
with anger.*



**“Leave your offering ...
make friends quickly”**

Eph. 4:26-27 | **Mt. 5:21-26**

Ja. 1:19-21 | Gal. 5:14-25



Hurry Up & Wait!

*Promptly deal
with anger.*



**“Don’t let the sun go
down on your anger”**

Eph. 4:26-27 | Mt. 5:21-26

Ja. 1:19-21 | Gal. 5:14-25

“Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.”

Ephesians 4:26-27
English Standard Version



“room to work”

Eph. 5:26-27 vs Rom. 12:19

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

Psalm 4:4
English Standard Version





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