

February 27, 2013
“Relationship Key: Get a Handle on Anger”
Ephesians 4:26-27, 29-32

- I. **Acknowledge the Reality “*Be angry...*” (26a)**

- II. **Anticipate the Results “*and do not sin*”. (26b)**

- III. **Apply the Remedies “*Don’t let the sun go down on your anger, and don’t give the Devil an opportunity.*” (26c-27)**
 - a. **Don’t bring down “*No foul language is to come from your mouth” instead build up “but only what is good for building up someone in need, so that it gives grace to those who hear”(29)***

 - b. **Don’t act in the flesh “*And don’t grieve God’s Holy Spirit” instead trust God’s Spirit “You were sealed by Him for the day of redemption” (30)***

 - c. **Don’t let anger build “*All bitterness, anger, wrath, shouting and slander must be removed from you, along with all malice” (31) instead be kind and forgiving “And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.” (32)***

****Next week’s lunch will be Bar-B-Q from Otto’s****

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