



All the Feels | Week 5 Pat McCalla | 05.08.2021

Big Idea

Our anger can become our *prison* or our *passport*.

Psalm 137:1-4, 7-9 (NLT)

¹ Beside the rivers of Babylon, we sat and wept
as we thought of Jerusalem.

² We put away our harps,
hanging them on the branches of poplar trees.

³ For our captors demanded a song from us.
Our tormentors insisted on a joyful hymn:
“Sing us one of those songs of Jerusalem!”

⁴ But how can we sing the songs of the Lord
while in a pagan land?

⁷ O Lord, remember what the Edomites did
on the day the armies of Babylon captured Jerusalem.
“Destroy it!” they yelled.
“Level it to the ground!”

⁸ O Babylon, you will be destroyed.
Happy is the one who pays you back
for what you have done to us.

⁹ Happy is the one who takes your babies
and smashes them against the rocks!

Taming Anger

1. *Acknowledge* your anger.
2. *Identify* what kind of anger it is.
3. *Restrain* your immediate response.
4. *DO NOT* hold on to anger.
5. *Admit* your failures.

“Anyone can become angry—that is easy, but to be angry with the right person at the right time, and for the right purpose and in the right way—that is not within everyone’s power, and that is not easy.” – *Aristotle*

Proverbs 29:11

Fools vent their anger, but the wise quietly hold it back.

Proverbs 25:28

A person without self-control is like a city with broke-down walls.

Psalm 4:4

Don't sin by letting anger control you. Think about it overnight and remain silent.

Ephesians 4:26

Be angry, but don't sin - don't let the sun go down before you have dealt with the cause of your anger.