

## MOVING ON

*“Jesus died for everyone so that those who receive his new life will no longer live for themselves. Instead, they will live for Christ, who died and raised them from the dead.” – 2 Corinthians 5:15*

*“God was in Christ, reconciling the world to himself, no longer counting people’s sins against them. And he gave us this wonderful message of reconciliation.” – 2 Corinthians 5:19*

*“God settled the relationship between us and him, and then called us to settle our relationships with each other.” – 2 Corinthians 5:18 (MSG)*

*“In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” – Ephesians 4:26-27*

*“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” – Ephesians 4:30*

**Anger – “white hot temper.” Bitterness – “simmering anger.”**

**Ways of Dealing with Anger –**

**1. We \_\_\_\_\_ it. Repress – “to suppress something by force.”**

**You might be a repressor if:**

- You become \_\_\_\_\_ over the little things.
- You \_\_\_\_\_.
- You’re overly \_\_\_\_\_ and \_\_\_\_\_.

**2. We \_\_\_\_\_ it. Foothold – “idea of an opportunity.”**

**Anger Causes:**

- **Health problems.**
- **Spiritual Damage.**

*“At this they covered their ears and, yelling at the top of their voices, they all rushed at him, dragged him out of the city and began to stone him. Meanwhile, the witnesses laid their coats at the feet of a young man named Saul. While they were stoning him, Stephen prayed, ‘Lord Jesus receive my spirit.’ Then he fell on his knees and cried out ‘Lord do not hold this against them.’ And then he fell asleep.” – Acts 7:57-60*

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