

# The Seven Deadly Sins

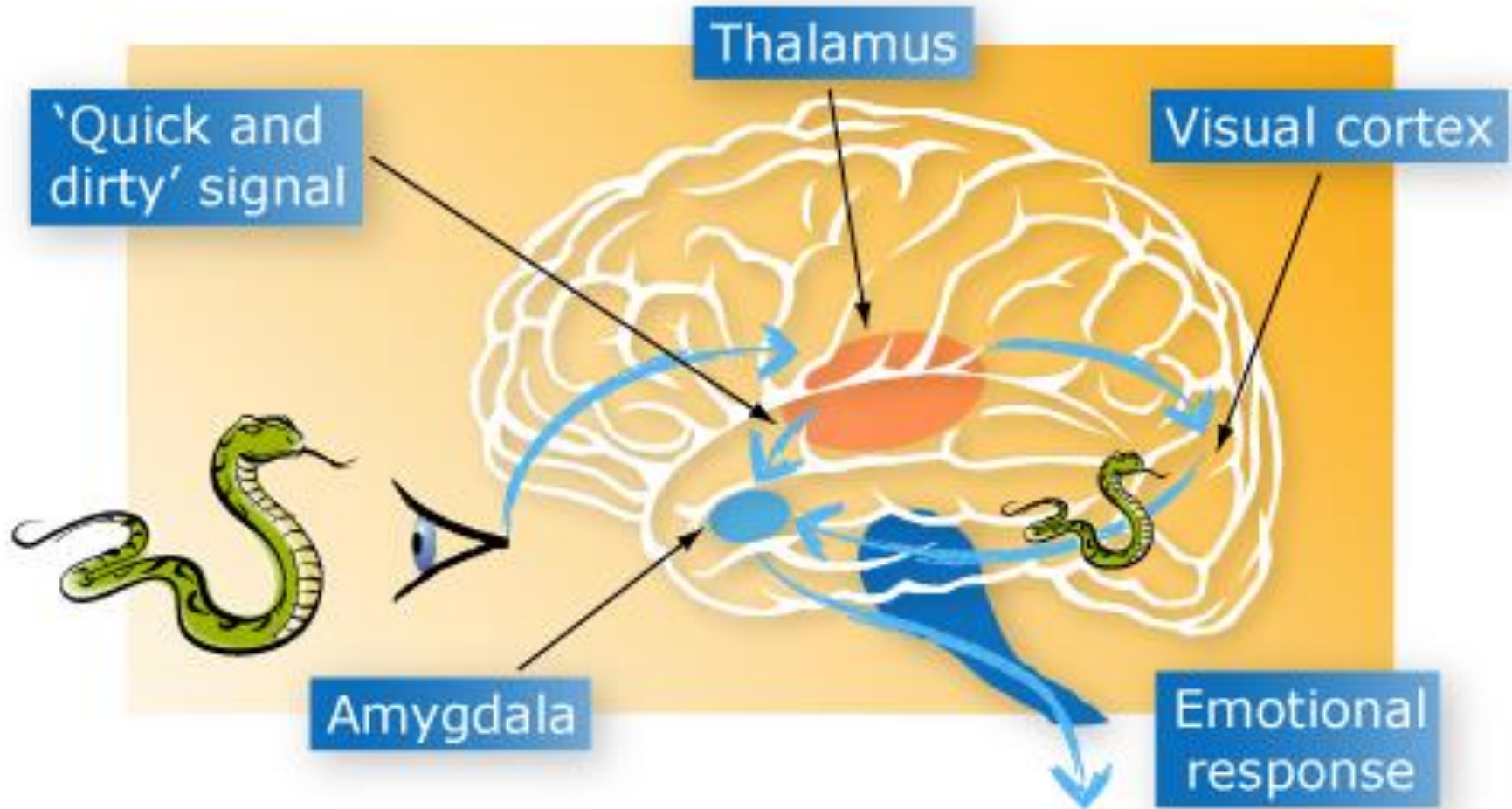
Anger



# 2 Anger

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## Anger

Proverbs 14:29 Whoever is patient has great understanding, but one who is quick-tempered displays folly.

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## Anger

*Perigismos* – suppressed or repressed anger

Ephesians 6:4 Fathers, do not exasperate your children; ... (NIV)

Fathers, do not provoke your children to anger, ... (NASB)

*Anger always finds an avenue of expression.*

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## Anger

Thumas – explosive anger

Galatians 5:19-21 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, (thumas) ...

22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

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Ephesians 4:26-27 “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.

*We need to understand the difference between experiencing an emotion and expressing that emotion.*

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*“I am not a Stewer, a Stuffer, or a Spewer. I am a Showcase.”*

Patience – ‘makrothumia’ (makro – long + thumia – temper).

*Gentleness - ‘strength under control’.*

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*“Emotions are messengers; emotions should not be our masters.”*

