



Damaging

The 4 categories of displaying anger



- 1. Physically**
- 2. Verbally**
- 3. Passively**
- 4. Self-Inflicted**

Those who act
out in anger pay
a **PENALTY!**

Proverbs 19:19 (NLT)

*Hot-tempered people must
pay the penalty.*



James 1:19-20 (TNIV)

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because our anger does not produce the righteousness that God desires.





Application

1. This is important and for everyone because it's a part of everyday life!
2. We need to listen not just hear - this requires us to focus on the other person.
3. Practice the slowness factor in both word and action.



Application

4. Understand the two difference of anger
 - **emotion** versus *behavior*
 - **righteous** versus *man's*

5. God's **desire** is that we don't damage the lives of others and ourselves.



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