

## TRAIN YOUR ANGER

- Learn to be angry at what makes God angry (2 Pet. 2:7-8; Prov. 6:16; 13:5).
- Start with self (Matt. 7:5).
- Couple anger with grief (Matt. 23:37).
- Couple anger with a desire for mercy (Jas. 2:13).

## PROCESSING HOLY ANGER

- Distinguish between personal conviction and clear prohibition (Rom. 14; 1 Cor. 7:28).
- Confront sin (Matt. 18:15-17).
- Pray for your enemies (Lk. 23:34).
- Show all the kindness that God shows His enemies (Matt. 5:44-48).
- Trust in God's promises to reconcile all wrongs (Rom. 12:19).