

YOU SHALL NOT MURDER

Exodus 20:13

Matthew 5

I. Reflect on my anger before reacting.

Proverbs 29:11 (CEV)

James 1:19 -20

Eph. 4:26

Proverbs 10:19

II. Release my anger appropriately.

Option #1

You can shove it down and repress it.

But repression almost always leads to depression!

Option #2

You can blow up and express it.

Proverbs 17:14 (MSG)

Proverbs 11:29

Option #3

You can get with God and confess it.

1 John 1:9

Psalms 103:12

The Year of Stewardship

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