



Finding Peace and Control Through Scripture



Lord Jesus Christ Community Baptist Church
Bible Class Lesson 12
Houston, Brooklyn and Detroit



Scriptures

- “And don’t sin by letting anger control you. Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.”-Ephesians 4:26-27
- “Do not be anxious about anything, but in any situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”-Philippians 4:6-7
- My brothers and sisters, take note of this: Everyone should be quick to listen, slow to become angry, because human anger does not produce the righteousness that God desires.”-James 1:19-20

How to apply the scriptures to our lives?

1. Strive not to sin to anger.
2. Take a moment to pause, pray and seek God guidance can help us find peace in challenging situations.
3. Listen more and speak less in heated moments
4. Cultivate more peaceful and controlled mindset. This is a good option for people that are homeless at homeless shelters to prevent your anger for rising.
5. Take a moment to calm yourself when you feel angry
6. Address your issue with a clear mind before the day ends to address your issues before your anger start rising
7. Turn to prayer and thanksgiving
8. Avoid misunderstanding and conflicts

How to apply these scripture to relationships?

1. Address conflicts with a calm and respectful attitude
2. Bring our worries and anxieties to God in prayer that can give us peace and trust.
3. Be attentive listeners and thoughtful speakers that foster better communication and deeper communication with others.
4. Manage emotions and conflicts in a way that can positively impact our relationships
5. Make eye contact and showing genuine interest
6. Avoid interrupting

Impact Anger Can Impact People in World

- Misunderstandings, conflicts and damaged relationships
- Anger can affect your mental and physical health that can lead to stress, anxiety, high blood pressure, health issues. It can lead to brutality, altercation, aggression, committing to crime and violence in communities and other people.
- Anger stirs up haters around people that think they know everything about people and trying to judgmental towards people that do not know and giving them the right to judge people. Read John 7:24 and Matthew 7:1-2
 - “Look beneath the surface so you can judge correctly”-John 7:24
 - “Do not judge others, and you will not be judged. For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged.”-Matthew 7:1-2

Scriptures in Context

Anger is a natural emotion. It's not necessarily wrong to feel angry, but the key is to manage it in a way that doesn't cause harm or lead to sinful actions. Holding onto anger for extended periods can lead to bitterness and resentment, which can be detrimental to our well-being and relationships. Uncontrolled anger can create an opening for negative influences and can lead to actions that we later regret.

1. It's okay to feel anxious, but we shouldn't let it control us.
2. We should bring our worries and concerns to God through prayer and petition.
3. Even in difficult situations, we can find things to be thankful for.
4. If we follow these steps, we can experience a peace that goes beyond our understanding.
5. Don't suppress or deny the emotion.
6. Take time to understand why you're angry and find constructive ways to address the situation.
7. Don't let anger linger and fester.
8. We should be attentive to others and consider their perspectives before speaking.
9. We should avoid speaking impulsively or saying things we might regret later.
10. We should not let anger control us or lead us to do things that are wrong.
11. We should rely on God's grace and guidance to live a righteous life.