

Eph 4:25-27 NLT

So put away all falsehood and "tell your neighbor the truth" because we belong to each other. And "don't sin by letting anger gain control over you." Don't let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil.

ANGER – How to Get Rid Of It
(Asserting Yourself Without Hurting Anyone)

1. Calm down James 3:2
2. Get in touch with your feelings --- they are valid and important (they are just not a good tool for making the next decision)
3. Determine what matters – is this battle worth fighting (see Confrontation page on back)
4. If you have determined that a confrontation is necessary, determine the best time to initiate it.
5. State your case clearly and how the other person hurt you Eph 4:20
6. Seek a solution and not a personal victory
7. Listen to the other person respond; grant a pardon and let it go

Col 3:12-14 NIV

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.