

SERMON NOTES FOR FOR SUNDAY – JULY 19, 2009
TRINITY LIFE CENTER – SACRAMENTO, CA
DR. GLEN D. COLE – SENIOR PASTOR

TITLE: “Victory Over Anger”

TEXT: Ephesians 4:26-27; Proverbs 15:1; Psalm 103:8

INTRODUCTION: What is anger? An emotion that is felt, plus ... a motivating force that drives us to some kind of action.

The news every day carries the results of anger ... and much more never surfaces.
People bear the marks behind closed doors.

I: BIBLICAL EXAMPLES OF ANGER

1. Jonah (Jonah 4:9)
2. Cain (Genesis 4)
3. Balaam (Numbers 22)
4. Moses (Numbers 20)
5. Elder Brother (Luke 15)
6. Peter (Luke 22:50)
7. Jesus (Mark 3:5) This illustrates there are times when we should “Be good – and mad!”

II: WHAT CAN WE DO?

1. “Do not let the sun go down on your wrath” (Ephesians 4:26)
- 2, Give no opportunity for the Devil to get a foothold
2. Turn your attention to a solution
 - a) Talk with someone
 - b) Confess it to God
 - c) Turn it into something constructive

CONCLUSION: What an enemy anger can be ... when not controlled by the Holy Spirit.