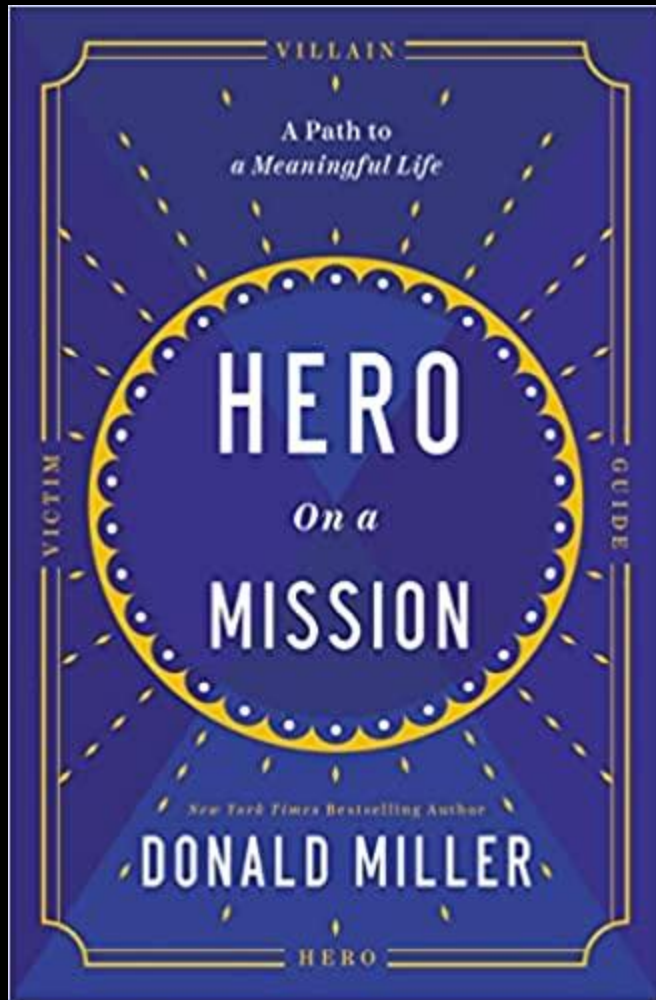


# COLOSSTIANS

::CHRIST ALONE::



I used to think that life was something that happened to me, but now I think that life is something I get to create.”

Donald Miller

# Four Main Characters in a Story

- A Victim

# Four Main Characters in a Story

- A Victim
- A Villain

A Villain  
makes  
people feel  
small.

---



# Four Main Characters in a Story

- A Victim
- A Villain
- A Hero



A Hero helps  
others  
succeed

---



# Four Main Characters in a Story

- A Victim
- A Villain
- A Hero
- A Guide



The Guide  
helps the  
hero succeed

---



# COLOSSEANS

::CHRIST ALONE::



# Seven ways anger is ruining your health

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4. Anger problems can make your anxiety worse
5. Anger is also linked to depression
6. Hostility can hurt your lungs
7. Anger can shorten your life

But now, put away all the following: anger, wrath, malice, slander, and filthy language from your mouth. Do not lie to one another, since you have put off the old self with its practices.

Colossians 3:8-9

an·ger /'aNGgər/

a strong feeling of annoyance, displeasure, or hostility.

Anger is an emotion characterized by antagonism toward someone or something you feel has deliberately done you wrong.

“Wrath” = (Greek) “to boil”

Desire or intent to punish or get revenge

Malice =

--wickedness;

--the intention or desire to do evil;

--ill will

Slander =

--making a false spoken statement damaging or tearing down their reputation.

**Abusive speech =**

using insults, sarcasm, gossip, derogatory statements, whether profanity or not, to put down another person.



Do not lie to one another,  
since you have put off the old  
self with its practices and have  
put on the new self.

Colossians 3:8-9

Analyze your anger

## Analyze your anger

Be angry and do not sin. Don't let the sun go down on your anger.

Ephesians 4:26

Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice.

Ephesians 4:31

The mind of the righteous person  
thinks before answering, but the  
mouth of the wicked blurts out  
evil things.

Proverbs 15:28

<b>Vented anger</b>	<b>Slow burn anger</b>
Yelling	Clamming up
Screaming	Moodiness
Cursing	Being frustrated
Slamming things	Being irritated
Telling someone off	Being disgusted
Attacking verbally/name calling	Glaring
Hitting	Pouting

Now the works of the flesh are obvious:  
sexual immorality, moral impurity,  
promiscuity, idolatry, sorcery, hatreds,  
strife, jealousy, outbursts of anger,  
selfish ambitions, dissensions, factions,  
Galatians 5:19-20

1. Anger is part of our old nature
2. Anger begins in our mind and heart
3. Anger is a choice we make
4. Anger is caused by not being able to attain our selfish goals
5. Anger never accomplishes God's best
6. Anger is a light on the dashboard

You can control your sinful anger

Put away all the following: anger, wrath, malice, slander, and filthy language from your mouth.

Colossians 3:8



Ask the Holy Spirit to work  
in this area of your life

Ask the Holy Spirit to work  
in this area of your life

Walk by the Spirit, and you will not  
carry out the desire of the flesh.

Galatians 5:16

There is one who speaks rashly, like  
a piercing sword;  
but the tongue of the wise brings  
healing.

Proverbs 12:18

My dear brothers and sisters,  
understand this: Everyone should  
be quick to listen, slow to speak,  
and slow to anger, for human  
anger does not accomplish God's  
righteousness.

James 1:19-20

