

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.

Ephesians 4:26-27 (NIV)

Your Move

What are you doing? I'm rehearsing my anger. **What do you mean by that?** I'm thinking about how angry I am. I'm thinking about how deeply I have been hurt. No one should treat me the way I have been treated. It's just not right. It's not fair. Who do they think that they are anyhow? Don't they realize who they are dealing with? I'm a very important person. I deserve to be treated with honor and respect. Wait till I give them a piece of my mind. I will set them straight. They will never treat me with such disrespect again. They will think twice before they ever cross me. Once I'm done with them they will never dare to hurt me again.

Do you feel a lot better since you started rehearsing your anger? What kind of question is that? **It's a question that I would like you to answer.** No, I don't feel better since I started rehearsing my anger. **Are you less angry since you started rehearsing your anger?** No, of course not. That's not even my goal. **What is your goal?** I want to get even. I want to make them pay for what they have done to me. I want revenge. **I can see that you are very unhappy now. Will getting even, paying them back and seeking revenge make you happy?** I doubt that. **Do you want to be happy?** Yes, I do.

I thought you said it would make you happy if you were able to know and do my will. I have said that many times before. **Do you think it is my will for you to carry your anger from one day into the next?** No, I do not. **You have said that you want to become like me.** That is also true. **Was I hurt? Was I wounded? Was I mistreated?** Yes, you were hurt, wounded and mistreated. **Did I rehearse my anger? Did I think about getting even, paying back or seeking revenge?** No you did none of those things. **What did I do? Did I carry anger from one day into the next?** No, you didn't carry anger with you from one day into the next. You loved and forgave others even while they were mistreating you. **Yes, I did. Did I forgive those who did not deserve to be forgiven?** Yes, you forgave even those who didn't deserve to be forgiven. **Did you deserve to be forgiven?** No, I did not deserve to be forgiven. **Will you make the first move to love and forgive others just as I have loved and forgiven you? Will you let go of your anger?** Yes Lord, I will let go of my anger. I will make the first move to love and forgive others just as you have loved and forgiven me. **That will be very good.**

Lord, I will make the first move. I will let go of my anger. I will not carry my anger with me from one day into another. I will not hold on to my anger and let the devil gain a foothold in my life. I will love and forgive others just as you have loved and forgiven me. Amen

Anger*A Foothold*

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.

NIV

Ephesians 4:26-27

Anger*No Opportunity*

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

ESV

Ephesians 4:26-27

Anger*A Foothold*

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.

NLT

Ephesians 4:26-27

Anger*Give Place*

"Be angry, and do not sin": do not let the sun go down on your wrath, nor give place to the devil.

NKJV

Ephesians 4:26-27

Anger*Make Room*

Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil.

NRSV

Ephesians 4:26-27

Anger*Foothold*

Go ahead and be angry. You do well to be angry—but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life.

MSG

Ephesians 4:26-27

Anger*Foothold*

When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down. Leave no [such] room or foothold for the devil [give no opportunity to him].

AMP

Ephesians 4:26-27

Anger*A Mighty Foothold*

If you are angry, don't sin by nursing your grudge. Don't let the sun go down with you still angry—get over it quickly; for when you are angry, you give a mighty foothold to the devil.

TLB

Ephesians 4:26-27

Anger*An Opportunity*

BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, and do not give the devil an opportunity.

NASB

Ephesians 4:26-27

Anger*A Way*

When you are angry, do not sin, and be sure to stop being angry before the end of the day. Do not give the devil a way to defeat you.

NCV

Ephesians 4:26-27

A Foothold

Year _____ Week _____ Day _____ Date _____

Anger – Ephesians 4:26-27

In Context: *Read Ephesians 4*

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God's Word: ***(What is God speaking to your heart?)***

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.
Ephesians 4:26-27

Considering The Words: ***(What words speak to your heart?)***

"In | your anger | do not | sin": | Do not | let | the sun | go down | while | you are | still angry, | and | do not | give | the devil | a foothold. Ephesians 4:26-27

Praying The Scripture:

(What prayer from your heart will you write?)

Lord, I will make the first move. I will let go of my anger. I will not carry my anger with me from one day into another. I will not hold on to my anger and let the devil gain a foothold in my life. I will love and forgive others just as you have loved and forgiven me. Amen

What It Means:

(What questions speak to your heart?) *(Suggested questions for small group discussion are in bold)*

How are you making sure that you are not carrying your anger from one day into another?

When have you held on to your anger and brought it with you from one day into another?

How will holding on to your anger make room for the devil and give him a foothold in your life?

When has holding on to your anger severely damaged a relationship with another person?

Why is it much more difficult for a relationship to be repaired if you have held on to your anger?

How willing are you to make the first move to let go of your anger toward another person?

How have you let go of your anger even when you were certain that the other person was at fault?

Living It Out:

(What action step is God guiding your heart to take?)

Do not make room for the devil and give him a foothold in your life by holding on to your anger.

Seeing It Happen:

(What are you trusting God for in your heart?)

Have faith that you will be protected from giving the devil a foothold in your life as you let go of your anger.

Get Ready To Share:

(What can you share with others from your heart?)

Share with another person or your small group how you are not carrying your anger from one day into another.

Close With Prayer:

Quiet Yourself Before The Lord

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you let go of your anger, and love and forgive others just as the Lord has loved and forgiven you.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, I will let go of my anger, and love and forgive others just as you have loved and forgiven me.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, how do I need to let go of my anger so I can love and forgive others today?
