

1 Eph 4:26 Be angry, and do not sin: do not let the sun go down on your wrath...

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3 Transcript:

4 And now, Admonition, brought to you by the Collierville Church of Christ.

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6 We mentioned in the past something that's really hard, especially for some people. And that's controlling their anger.

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8 Sometimes we just fly off the handle. Sometimes we lose our temper. Sometimes we're quick tempered, and those are the qualities of a Christian.

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10 So what can we do to avoid anger? Number one, Paul says in Ephesians Chapter four, Verse 26.

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12 Do not let the sun go down on your wrath. Anger builds upon anger from the past. When we deal with the situations of today, while it is still today, we don't have to relive them tomorrow.

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14 Deal with your anger today and live the life of a Christian.

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16 For more from the Collierville Church of Christ, visit ColliervilleCoC.org.

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