



**THE TEN
COMMANDMENTS**



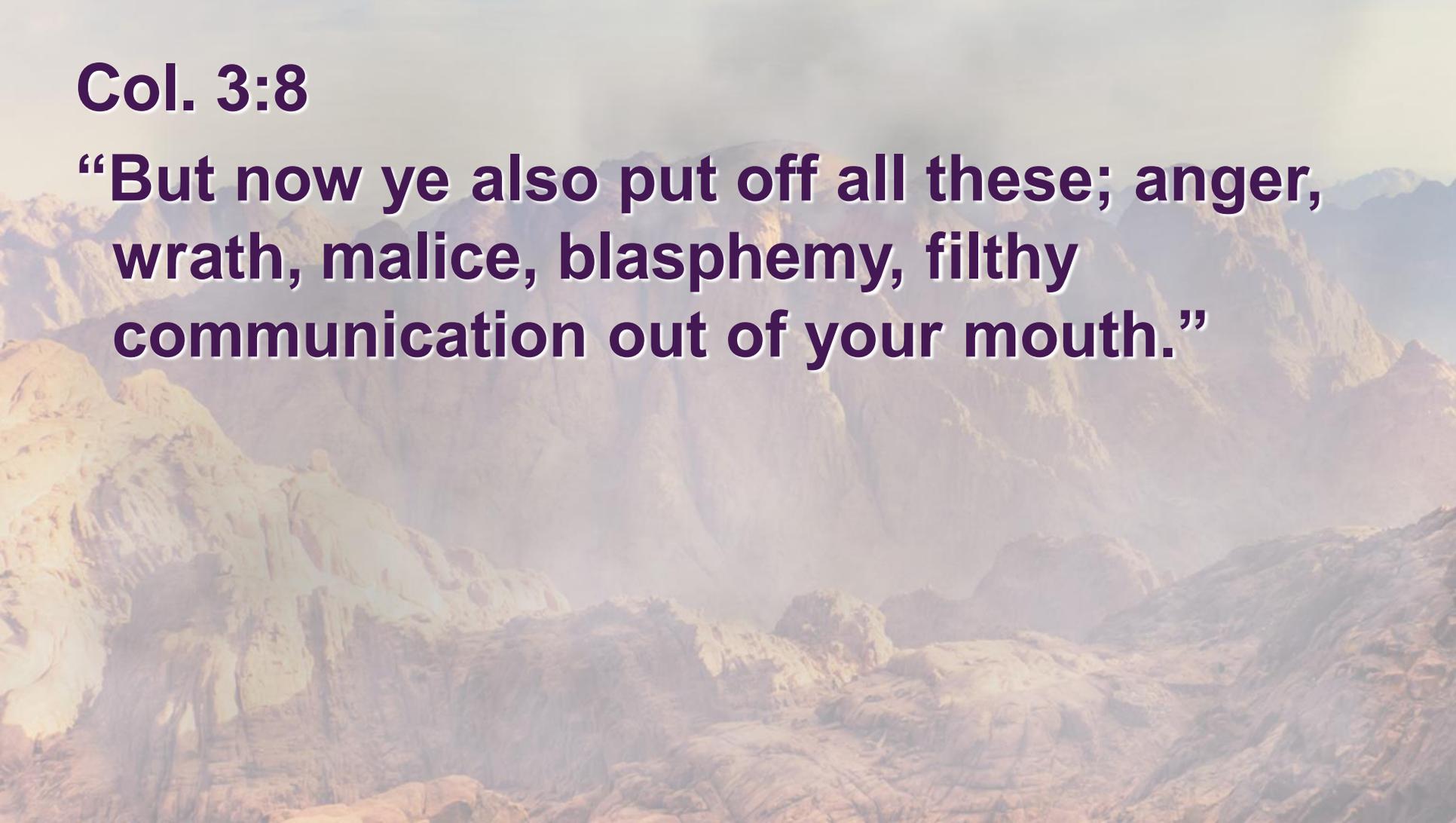
The Sixth Commandment ...

“Thou Shalt Not Kill.”



Jesus broadens the application of the sixth commandment to include ...

- 1. Anger**
- 2. Abusive Speech**
- 3. Hatred**



Col. 3:8

“But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth.”

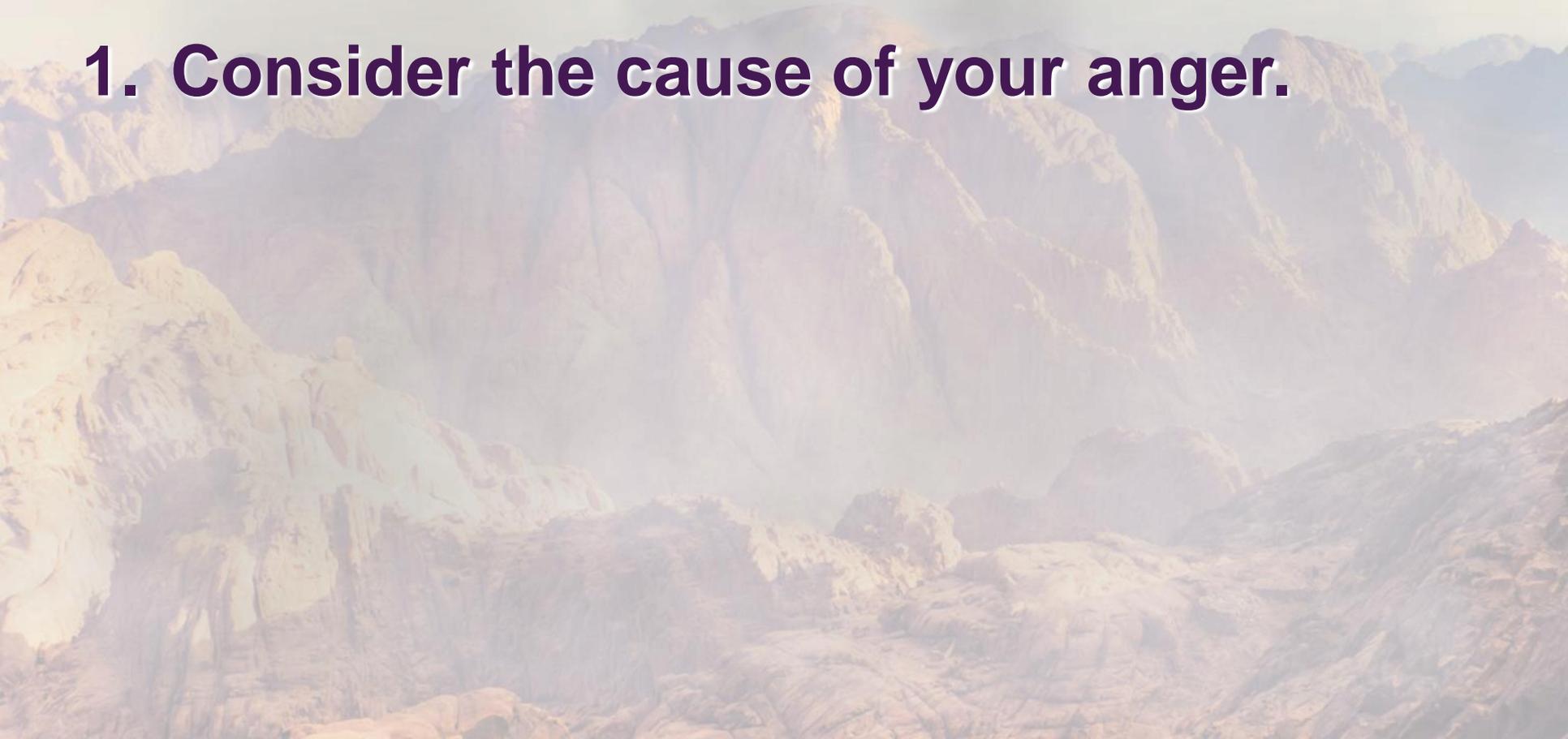


***Dealing with Anger &
Frustration***

Matt. 5:21-26, et al.

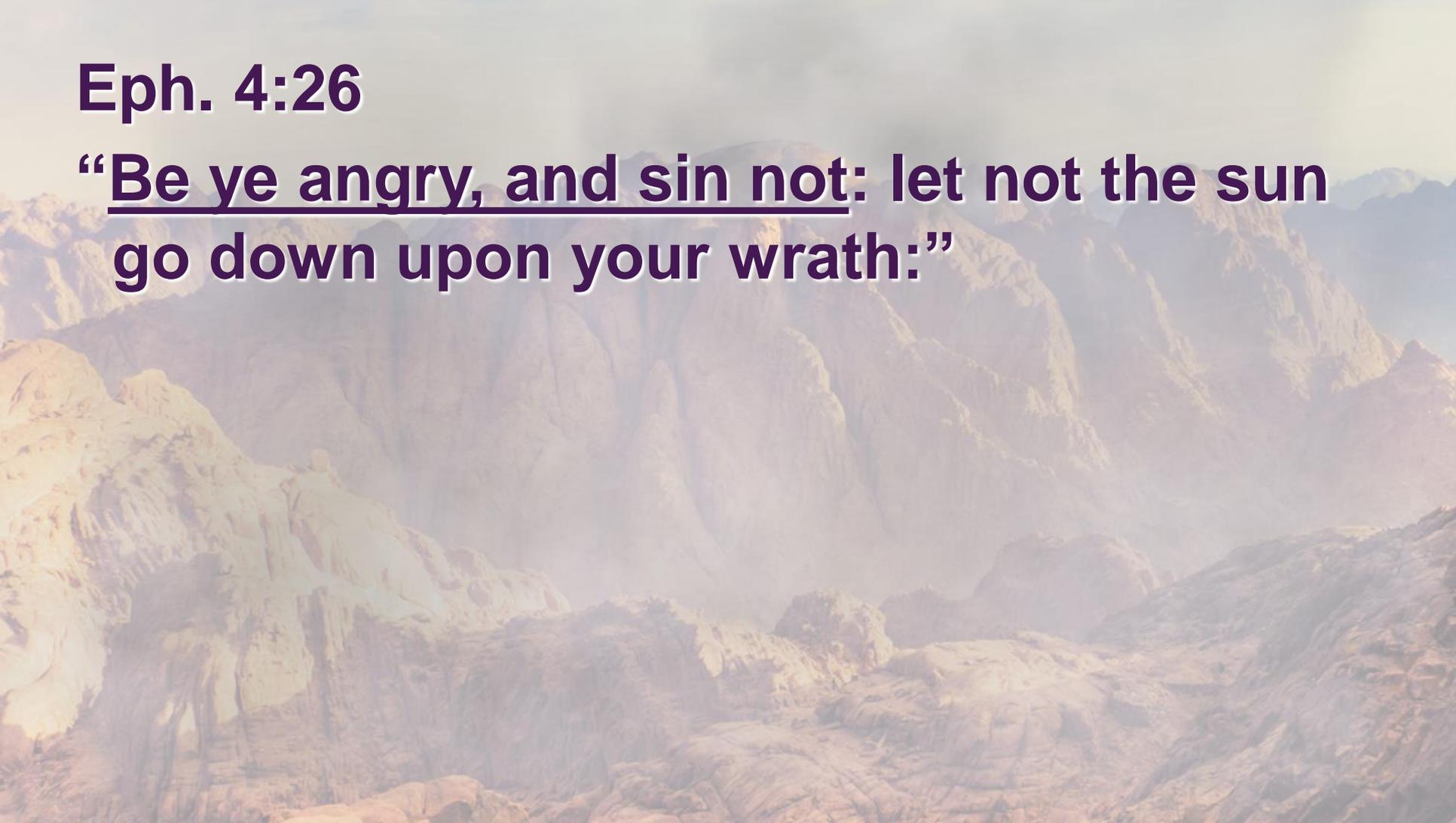
Principles for dealing with anger ...

1. Consider the cause of your anger.



Eph. 4:26

“Be ye angry, and sin not: let not the sun go down upon your wrath:”



Deut. 4:21

“Furthermore the LORD was angry with me for your sakes, and swore that I should not go over Jordan, and that I should not go in unto that good land, which the LORD thy God giveth thee for an inheritance:”

1 Kings 11:9

“And the LORD was angry with Solomon, because his heart was turned from the LORD God of Israel, ...”

Psa. 7:11

“God judgeth the righteous, and God is angry *with the wicked* every day.”

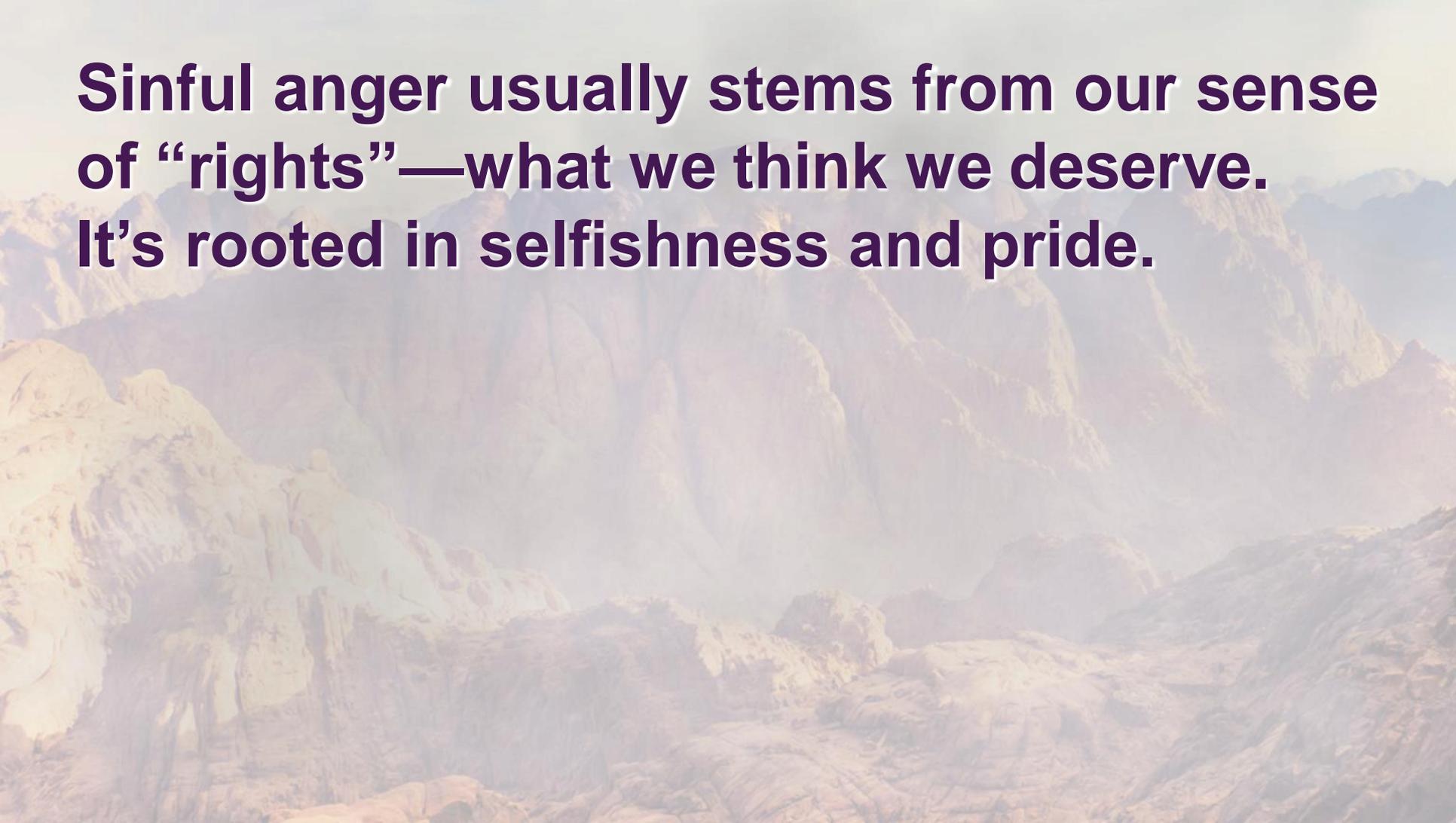
Principles for dealing with anger ...

- 1. Consider the cause of your anger.**
- 2. Be honest about your sinful anger—
don't defend, rationalize, or excuse it.
Rather, confess it as sin.**

2 King 5:11-12

“But Naaman was wroth, and went away, and said, Behold, I thought, He will surely come out to me, and stand, and call on the name of the LORD his God, and strike his hand over the place, and recover the leper. 12 ... So he turned and went away in a rage.”

Sinful anger usually stems from our sense of “rights”—what we think we deserve. It’s rooted in selfishness and pride.



Principles for dealing with anger ...

- 1. Consider the cause of your anger.**
- 2. Be honest about your sinful anger—
don't defend, rationalize, or excuse it.
Rather, confess it as sin.**
- 3. Deal with anger radically and decisively.
Remember that God promises victory.**

Practical Steps...

A. Ask God for help.

B. Recognize early & avoid the “triggers.”

Prov. 17:27-28

“He that hath knowledge spareth his words: and a man of understanding is of an excellent spirit. 28 Even a fool, when he holdeth his peace, is counted wise: and he that shutteth his lips is esteemed a man of understanding.”

James 1:19-20

“Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: 20 For the wrath of man worketh not the righteousness of God.”

Practical Steps...

A. Ask God for help.

B. Recognize early & avoid the “triggers.”

C. Resolve problems quickly.

D. Be ready to forgive.

E. Submit to God’s sovereign hand in those circumstances that precipitate anger or frustration.