



Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

Ephesians 4:29-32
NRSV

“Anger and Patience”

March 8 & 10, 2019

- Just as the first humans had a choice between the two trees, we have a choice between _____ or _____.
- Our Passions lead to _____ whereas the Virtues lead to _____.

The Passion: Anger

- We get _____ when we have not gotten our way _____ we’ve wanted it.
 - We want our environment to _____ to our expectations.
 - We want people to _____ to our (unvocalized) expectations.
- “I become angriest when _____.”
- We can be angriest with those _____ to us.

*“It’s only ‘natural’ you step on the toes of those
with whom you are dancing.”*

-Fr. Joseph David Honeycutt

- We expend a great amount of energy in order to _____ angry.

The Virtue: Patience

The Lord will fight for you, and you have only to keep still.

Exodus 14:14

- Wilderness is an uncontrollable _____.
- Israelites are an uncontrollable _____ - “Struggle”

By contrast, the fruit of the Spirit is love, joy, peace, _____,
kindness, generosity, faithfulness, gentleness, and self-control.

Galatians 5:22

- How to be patient:

1. Don’t _____. “Let no evil talk come from your mouths.” (Eph 4:29)
2. Focus on your _____.
3. Put your _____ away!

Mindless screen time doesn’t make us more patient.

It makes us more mindless.

4. Practice _____.
5. Be quick to _____ and to _____.

Be kind to one another, tenderhearted,
_____ one another as God in Christ has _____ you.

Ephesians 4:32

- _____ is the purest form of _____. (Matthew 18:15-22)

Action Steps

- Practice _____.
- Commit to _____ James 1:19-20.