

Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil

- Psalm 37:8 (ESV)

What is Wrath?

Do not say, "I cannot help having a bad temper." Friend, you must help it. Pray to God to help you overcome it at once, for either you must kill it, or it will kill you. You cannot carry a bad temper into heaven. - Charles Spurgeon

## How to Defeat Wrath:

The place of \_\_\_\_\_\_ Ephesians 4:26

\_\_\_\_\_yourself BEFORE James 1:19-20

\_\_\_\_\_it Ephesians 4:31-32

The <u>Matthew 6:33; Romans 12:19</u>

**Gospel Living**