

The Great Exchange Series: Exchanging Anger for Peace

December 22, 2024 / Bob Swickard

When we harbor and nurse anger, it is impossible to experience the of God

The evil one can use anger to hurt the Church by (see [Ephesians 4:27](#))

- families, friends, and churches
- the church from their mission
- the church's witness
- relationships

We need to see the problem of anger as being not . (see [Ephesians 4:31](#); [Matthew 12:34](#))

When we take responsibility for our anger – we can become a

in a dark place. (see [Acts 13:47 \(ESV\)](#); [Matthew 5:14](#); [Ephesians 5:8](#); [Proverbs 29:11 \(NIV\)](#))

How can we make the exchange of anger for peace?

- Recognize that your peace is not dependent on [] circumstances but inner peace
- Allow the [] of God to displace your anger! (see [Matthew 6:33](#))
- [] [Psalm 139:23-24](#)

My Notes:

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