

JOIN US SUNDAYS 8:30 AM EASTERN

The SHEnergized SisStarhood Bible Class Series

JUST A LITTLE

Talk with Jesus

Zoom JOIN ONLINE OR CALL: 646-558-8656
MEETING ID: 530 441 1689 | PASSCODE: 057058

Register, Login or Learn More at www.SHEnergizedSisStarhood.com

FACILITATED BY
Dr. Dorothy Dye

Dr. Dye's Lesson Re-Cap| 01/21/24| Angry without a cause

The following is a lesson recap of Dr. Dye's

“Angry without a cause”

Ephesians 4:26-27

“Be angry, and sin not let not the sun go down upon your wrath.” Neither give place to the devil.”

Sistars 2024 is the year of new beginnings and release.

God deserves our praise, adoration, and admiration!

Don't go back Sistar move forward towards your new beginnings!

This series is all about controlling our anger!

It's okay to be angry just don't sin while you are in that emotion of anger!

Don't let your anger build up inside learn to do as the Bible says and let things go!

Learn how to be a gentle woman of God!

Overview of the Angry without a cause series

Anger has been around since the beginning of time look at Cain and Abel.

Anger is not a sin but it's the untamed actions that follow while in that emotion that effects things.

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I. Unresolved Anger

- Unforgiveness is actually unresolved anger.
- Sistar your unresolved issues are holding you in your unforgiving state.
- Unforgiveness when not dealt with will lead to other external factors; harboring unresolved anger will make you feel strangled.
- Unresolved anger is like an iceberg; you see service levels of people but there is more under the root.
- When you allow anger to grow into wrath; it will always lead you to sin.
- Anger is mentioned in 36 books of the Bible; it is real!
- When you allow anger to take control the enemy gets to control you!
- Don't allow the devil to have a foothold in your life.
- Sistar review the anger iceberg and continue deal with the issues of life and learn how to melt your issues .
- Sistar allow the Holy Spirit to lead and guide you through his will.



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II. Response vs Reaction

- The Bible never tells us not to be angry it does say that we are not to allow it to cause us to sin.
- God's word is going to be your guide when anger strikes up.
- Anger will always be present, but Sistar learn to put it off!
- Sistar do you find yourself in a position or place of hurt.
- Sistar you can do all things with Christ who gives Strength.
- Allow the Holy Spirit to be your guide; think of your r
- Controlled emotions will give you the opportunity to respond to the issues that are causing you to stray away from God's command.
- Sistar get rid of the old so you can embrace the new that God has prepared for you.
- Sistar what do you need to kill so that it's not controlling your life.
- Sistar if the word is not in your heart you can't fight the unresolved anger emotions.
- Study the worksheet Sistar!

The anger emotion is always lurking around; the enemy knows if he can get you to lose focus then he can keep you in your P.I.T !

Don't allow Satan to come in and keep you from getting aligned to God's will and purpose for you!

Lesson to be cont'd on 1-28-2024.

