

# OK to Get Mad?



## Be Angry! But Do Not Sin

Ephesians 4:26

<sup>26</sup> *“Be angry, and do not sin”: do not let the sun go down on your wrath,*

<sup>27</sup> *nor give place to the devil.*

<sup>28</sup> *Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need.*

<sup>29</sup> *Let no corrupt word proceed out of your mouth,*

<sup>31</sup> *Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.*

<sup>32</sup> *And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.*

## Prayer

*Forgive our trespasses, as we forgive those who trespass against us*

Matthew 6:9-13



## Reflection

*Do not let the sun go down on your wrath!*





Don't let the  
sun set on **your**  
**Anger**

Reflections on Ephesians 4:26  
With My Love, Elizabeth Ann Nofs

## Let There Be Peace

*Let all bitterness, wrath, anger,  
clamor, and evil speaking be put away  
from you*

What does it take to forgive someone?

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## Let it Begin with Me

*Be kind to one another, tenderhearted,  
forgiving one another, even as God in  
Christ forgave you.*

How can I make up for the pain I have caused?

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## Further Study

["Let There Be Peace On Earth"](#)

Written by Jill Jackson Miller (1913-1995)

Jill Jackson's early life was filled with tragedy and self-doubt. Her unsuccessful suicide attempt led to a deep spiritual awakening. She wrote this song with her husband, Sy Miller, in 1955.

She called this song, "life-saving joy of God's peace and unconditional love."

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## Fellowship

Scripture in Song

[https://youtu.be/0\\_DxNpW1kHQ](https://youtu.be/0_DxNpW1kHQ)

Let There Be Peace on Earth, a Christian hymn  
© 1995 Jill Jackson Miller and Sy Miller

## References

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