



Yes!
You Really
CAN Change

SPIRITUAL TRAINING STATION #2

EPHESIANS 4:26-27

EPHESIANS 4:26-27 NASB

²⁶Be angry, and yet do not sin; do not let the sun go down on your anger,
²⁷and do not give the devil an opportunity.

The Habit of Appropriate Anger

Training Objective: Emotional Control

Training Command: “Be angry and yet do not sin.”

Training Actions:

- PUT OFF:** Anger that leads to sin and offense
- RENEW:** Recognize the dangers of unresolved anger.
- PUT ON:** Appropriate expressions of anger

Training Apparatus:

- Practice “I feel” messages.
- Make direct requests.

ASSIGNMENT

1. In what situations do you most struggle with anger?



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2. In your opinion, when does “righteous anger” become “unrighteous anger”?

3. How well do you use “I feel” messages, and how well are you doing in making direct requests?

4. **PRAYER:** Ask God to reveal to you how to appropriately express your anger.

5. **OPTIONAL:** Listen to audiobook excerpt #16.