



# Emotional Rescue





# Emotional Rescue

- **Guilt**
- **Anger**
- **Greed**
- **Jealousy**





# *Guilt*





Anger



Anger



# Ephesians 4:31

**31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.**





# Ephesians 4:32

**<sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.**





# 1. The Struggle With Anger





## 2. The Solution To Anger





A woman with dark hair and a pearl necklace looks forward with a serious expression. To her left, a man with a shaved head looks down and to the side.

# The Solution To Anger

**A. Determine The Object Of Your Anger.**





# The Solution To Anger

**B. Decide What They Owe  
You.**





# The Solution To Anger

C. Dismiss The Debt.





# The Solution To Anger

D. Drop The Case.



