

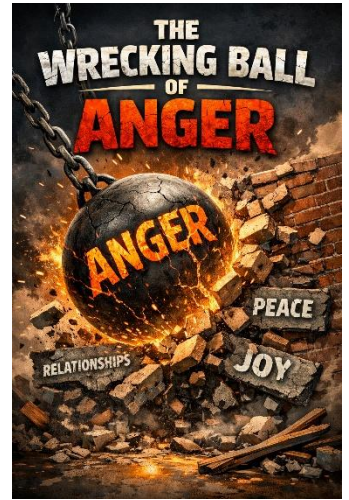
FAMILY CONFERENCE – March 28, 2026

The Wrecking Ball of Anger

Pastor Chris Starr

Text: Ephesians 4:31— 5:2

In order for a family to be functional, each family member must rule his spirit when it comes to managing anger.



Proverbs 24:3-4 (KJV)

3 Through wisdom is an house builded; and by understanding it is established:

4 And by knowledge shall the chambers be filled with all precious and pleasant riches.

1. The S_____ of Anger – Matt 5:21-22; Rom. 12:19; Eph. 4:31-32

Scripture identifies two different kinds of anger.

2. The S_____ of Anger – James 4:1-2; Gen. 4:5-6; Jonah 4:1, 4

Anger is our response to whatever endangers something that we love/prize/greatly desire or feel we deserve.

Whatever I am defending in the moment of anger is what my heart loves most.

Here is a good question in your fit of rage, what do I love at the moment, and what is threatening that?

3. The S_____ of Anger – Pro. 19:19; Eph. 4:26-27; Pr. 14:17

Anger often is an uninvited guest that disrupts peace and destroys relationships. When we act on impulse as anger rages within us, the outcomes are negative, spiritually, physically, and relationally.
