

Christ Apostolic Miracle Ministry Sunday School

Week 37: September 13th, 2026

Topic: The darkness is thriving – Part 12

Bible Reading: Genesis 1:1-8

Managing your anger and emotions

Nowadays, most people are not good listeners; instead, they are ready to interrupt you before you finish making your points. Numerous people in the world are impatient, and they always prefer to talk over you, or talk you down; because they are vindictive or aggressive. It is important for the Believers not to imitate these immoral behaviors; instead, they should be careful listeners who carefully choose the words that are coming out of their mouths. The children of God must be patient and forgiving in all their dealings.

Are you a thoughtful listener or not? Are you slow to take offense and to get angry? Are you a reflective listener or not? For these reasons, be slow to lose your temper, and do not become angry easily. Remember, it is best to listen much, speak little and not become angry easily; according to the Bible passage which says, “So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;” **James 1:19**. Are you one of the people who always refuse to listen to others; but stuck to his or her points?

It is time to control your anger: Time has come for you to be willing to listen to others; be slow to speak, and do not become angry easily; because the anger of humans cannot promote the righteousness that God requires. The resentful and deep-seated anger of anyone does not produce the standard of behavior the Lord demands. Anytime you are angry, you cannot do any of the good things God wants done. Remember that anger or emotions cannot accomplish God’s righteousness, and anger will not help you live the right kind of life God wants.

Your temper is not a means of doing good, and it will never achieve God’s true goodness. Inasmuch as God’s righteousness does not grow from human anger; throw all your anger (spoiled virtue) and cancerous

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emotions in the garbage. The Bible attested to this fact by saying, “For the wrath of man does not produce the righteousness of God.” **James 1:20.** Your wrath cannot do any work that is righteous before God; because human anger or emotions cannot achieve God’s righteous purpose.

Patience signifies understanding: Anyone who is slow to anger has great understanding, and such a person will profit from his or her self-control. It is smart to be patient, but it is stupid to lose your temper; because whoever is quick-tempered exposes foolishness for all to see. Do not forget that patience leads to abundant understanding, but impatience leads to stupid mistakes. If you stay calm, you are wise, but if you have a hot temper, you only show how stupid you are. For this reason, patient people have great understanding, but people with quick tempers show the height of stupidity.

Anyone who realizes that anger causes mistakes is a wise person, and such a person will control his or her anger. Do you know that slowness to anger makes deep understanding? Do you realize that a quick-tempered person stockpiles stupidity? The Bible corroborated the fact by saying, “He who is slow to wrath has great understanding, but he who is impulsive exalts folly.” **Proverbs 14:29.** If you are one of the people with understanding, you will control your anger. Anytime you exhibit hot-temper, it signifies or shows great foolishness.

Never allow anger to make you sin: Every soul has the right to be angry at immorality and injustice. The Christians can be angry at ungodly behaviors; however, the display of your anger must be moderate. Any extreme fury or indignation will lead to sin. Be angry without sinning, do not let the Sun set on your anger. Do not be angry to the extent that will make you sin, and never go to bed angry. Whenever you are angry, make sure that you calm down before the end of the day.

Make sure that your anger is not because of a wounded pride or bad temper, and never go to bed angry; so that Satan will not have a foothold in your life. Anytime you are angry, do not sin by nursing grudges, and get over it before going to bed; so that the spiritual encounters in your dreams will not overcome you. It is important not to use your anger as fuel for revenge; instead, use it to right what is wrong; according to the Scripture

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which says, “Be angry, and do not sin”: do not let the sun go down on your wrath. **Ephesians 4:26**. In your anger, do not sin and do not sin by letting anger control you. Remember, your wrath must not last until sunset, and your frustration (or exasperation) must be brief.