



**WORD
OF THE
WEEK**

Week 9

Chapter 4

READ & LISTEN

Ephesians

Take some time to read or listen to Ephesians.

If you're on the go or need an audible version of the Bible, why not try the YouVersion Bible App. You can find the app by heading to renewalcc.com/bibleapp.

THINK & PRAY

Ephesians 4:26

"In your anger do not sin: Do not let the sun go down while you are still angry"

LEARN & LIVE

Our scripture reading today is from Ephesians 4:26, well known to us all. Don't sin by letting anger control you, don't let the sun go down while you are still angry. You see often we focus on anger and think that anger is the problem and if it gets left too long it can become the problem but in itself anger could also be a trigger showing us there is something wrong, so there is something out of sorts. The second part of the scripture gives us the clue, there's a time limit to our anger, do not let the sun go down on your anger. It means deal with it, it means figure out what to do. It means taking control of it because of anger, the opposite is that it will take control of you, so don't focus on the anger, focus on the time limit to deal with your anger.

