



**Ephesians 4:26** BE ANGRY, AND yet DO NOT SIN;  
do not let the sun go down on your anger,  
**27** and do not give the devil an opportunity.

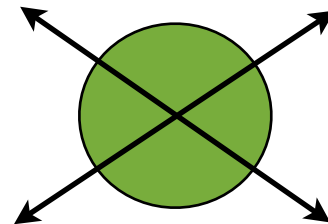
**Psa. 4:4 NAS** 1aTremble, 2band do not sin;  
3cMeditate in your heart upon your bed, and be still. Selah.

**Psa. 4:4 ESV** kBe angry,\* and do not sin;  
lponder in your own hearts mon your beds, and be silent. Selah

Angry Outburst      Resentment

**Anger**

Retaliation      Slow Burn



1. the need to “stand down”

2. toe-holds for the devil

Side note: “sun” and “down”

**Deut. 24:13** “aWhen the **sun** goes **down** you shall surely return the pledge to him, that he may sleep in his cloak and bless you; and bit will be righteousness for you before the LORD your God.

**Judg. 14:18** So the men of the city said to him on the seventh day before the **sun** went **down**,

“What is sweeter than honey? And what is stronger than a lion?”

And he said to them, “If you had not plowed with my heifer, You would not have found out my riddle.”