

# Mad

## How to Get Good & Angry



Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil... Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

(Ephesians 4:26-32)