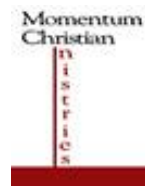


Learn the Biblical Resolutions to:

- Anger
- Indiscretion
- Resentment
- Bitterness
- Rage
- Violence

- ❖ Proverbs 15: "A soft answer turneth away wrath: but grievous words stir up anger"
- ❖ Proverbs 15:18 "A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife."
- ❖ Proverbs 16:32 "He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city"
- ❖ Proverbs 19:11 "The discretion of a man deferreth his anger; and it is his glory to pass over a transgression"
- ❖ Galatians 6:7 "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap."
- ❖ Galatians 6:8 "For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting."
- ❖ James 1:20 "For the wrath of man worketh not the righteousness of God"
- ❖ 2 Corinthians 10:3-5 "For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

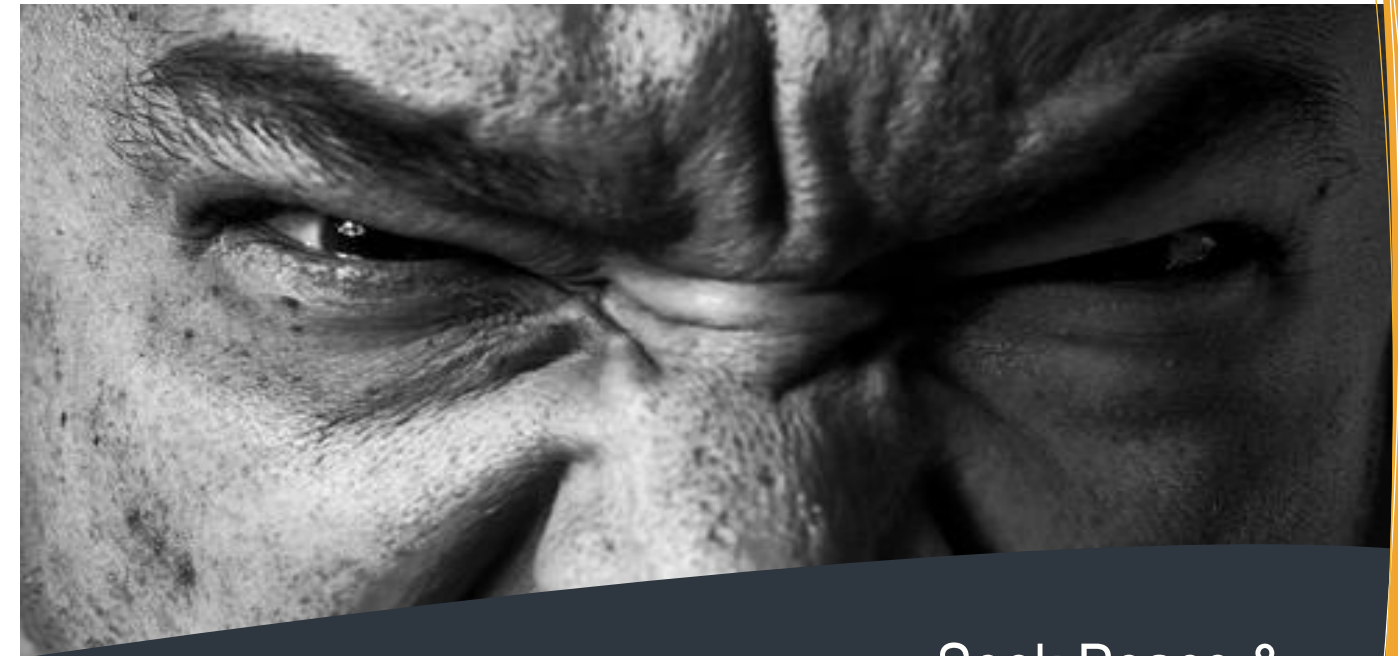
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Reverend David Ings – Founder/Pastor
Call 215-370-9918 for more information



Momentum
Men's Fellowship

VARE Recreational Center
2600 Morris Street
Philadelphia PA 19145

BYAASN BΛVWZM



"Be ye angry, and sin not: let not the sun go down upon your wrath:" Ephesians 4:26

Seek Peace &
Pursue **IT**

Acquire
Self
Control

Momentum Christian Ministries Men's Fellowship & Anger Management



BE INSPIRED

- THROUGH EDUCATION
- VOLUNTEERISM
- COMMUNITY ACTIVITY
- FEED THE POOR
- SERVE OTHERS
- LEARN HOW TO PRAY
- CARE FOR YOUR FAMILY
- ATTEND CHURCH REGULARY
- MAINTAIN EMPLOYMENT
- READ GOOD BOOKS
- SEEK COUNSELING

Making sense out of Crisis...

CRISIS OCCURS AT THE CURVE OF CHANGE

"Crisis purges relationships, often eliminates wrong people out of your life. One Millionaire said I've never learned anything from all my successes, I've mostly learn things from my failures" Dr. Mike Murdock

Ask yourself the following questions:

- ✓ What decisions have I made that created this crisis?
- ✓ Who has experienced a similar crisis and survived?
- ✓ How is this crisis not the end of the world?
- ✓ What lessons can I learn from this crisis?
- ✓ How can this crisis build character in me?

Every emotion we experience has its associated reaction and or response. Anger is an emotion that we all share; even God gets angry. But we are instructed through biblical teaching to channel that anger in a way that does not cause us to misappropriate it. Anger is often the birthplace for a solution... (READ Ephesians 4:31, 32)

Anger is the Birthplace for a solution

IDENTIFY SOLUTIONS

Have you ever been angry enough to make a change which appeared to have been the best decision you could have ever made in your life...? The Bible says be Angry, just don't misappropriate it, don't allow the anger to bring harm to you and to others.

- Promote Inner Peace through spiritual emphasis.
- Reevaluate through the lenses of change.
- Seek wise counsel, both professional and spiritual.
- A fair assessment of you is the path to sanity
- Avoid the pitfalls to remain the same and to only react.
- Learn to respond giving space and time.

HOPE THROUGH SOCIAL ORGANIZATION

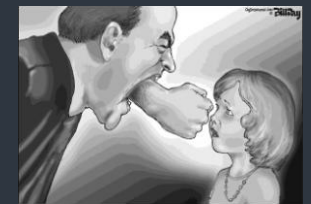
According to the President of the United States of America, Clergy Men, Community Leaders and such like should rise up and offer hope, direction, and counsel to address violence in an attempt to end the proliferation of violence. Therefore, we offer hope through counsel.

"Our greatest asset has been our system of social organization, a system that for generations has encouraged constant innovation, individual initiative, and the efficient allocation of resources." The AUDACITY of HOPE



GUN VIOLENCE

The gun violence in South Philadelphia has increased, causing many of our young men and woman to lose their lives either by a life sentence in prison or by death. This darkness can only be removed from the hearts of man by the power of choice supernaturally inspired by God. It's a converted soul and a renewed mind that makes the difference



VERBAL ABUSE

Verbal abuse comes from a heart of un-forgiveness, both of yourself and others who you believe have hurt you. Verbal Abuse is a sign of weakness and an inability to articulate an adequate solution with a positive outcome. Verbal abuse weakens the fiber of communication and destroys the chance of reasoning.



DECEPTION

Anger is can be deceptive because it can cloud our reasoning causing reactions inconsistent with the facts. The greatest weapon used by terrorist is deception. Proverbs 28:1 "The wicked flee when no man pursueth:"

WHAT YOU DON'T KNOW CAN HURT YOU...

Many men and woman are in prison today because of uncontrolled, unconstrained Anger. A moment of Anger can cost you a lifetime of freedom. Every courtroom has experienced a judge making a ruling for someone who did something out of Anger.... (READ Ephesians 4:26)

THE CRIME STOPPER

The Crime Stopper according to the Bible is the Gospel of Jesus Christ which is the power of God to them that believe to the converting the soul and the transformation of mind to askew evil and to cleave to that which is good. Only God is good....



And only God can cause the hearts of men to change towards one another and towards the ideology rehearsed in our streets... There's always an alternative to crime; that is education, activity

- Overcoming Evil - **Romans 12:21** "Be not overcome of evil, but overcome evil with good."
- Self Control - **Proverbs 25:28** "He that hath no rule over his own spirit is like a city that is broken down, and without walls"
- Temptation – **James 1:14, 15** "But every man is tempted, when he is drawn away of his own lust and enticed. Then when lust hath conceived, it brings forth sin: sin, when it is finished brings forth death."

