

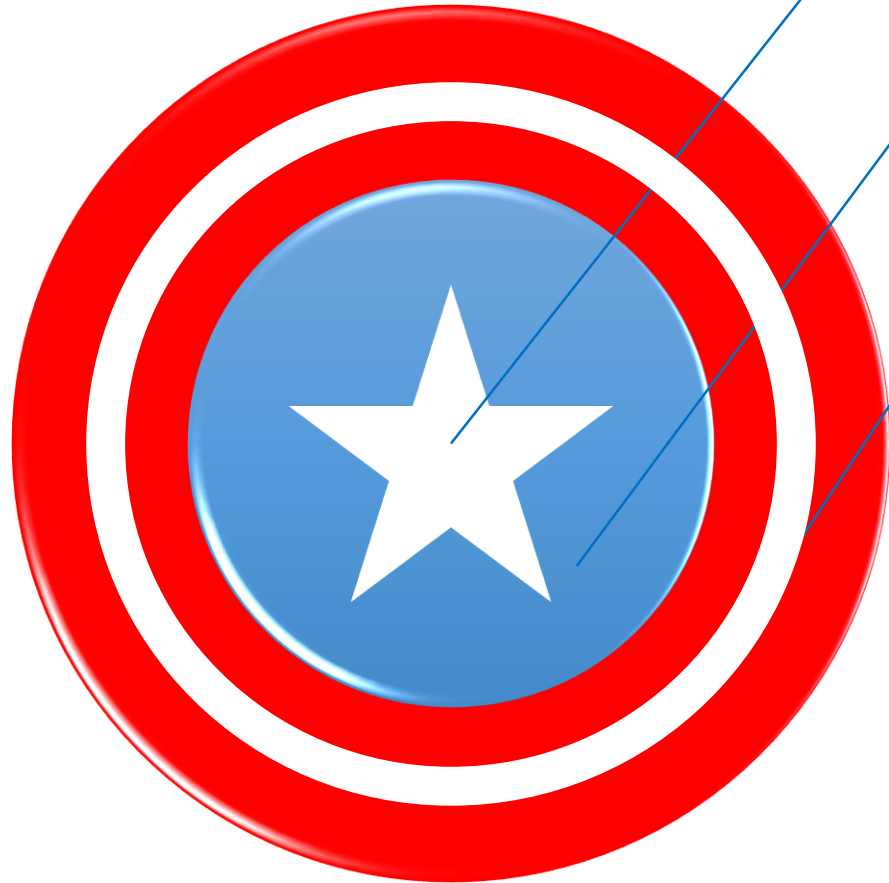
Myths

and Everyday Faith





Christians are called to live heroic lives!



We are sent to help make the world better

We are given the special power of the Holy Spirit

We are called to live for truth, justice, and the way of Jesus

The Incredible Hulk - Controlling Our Anger



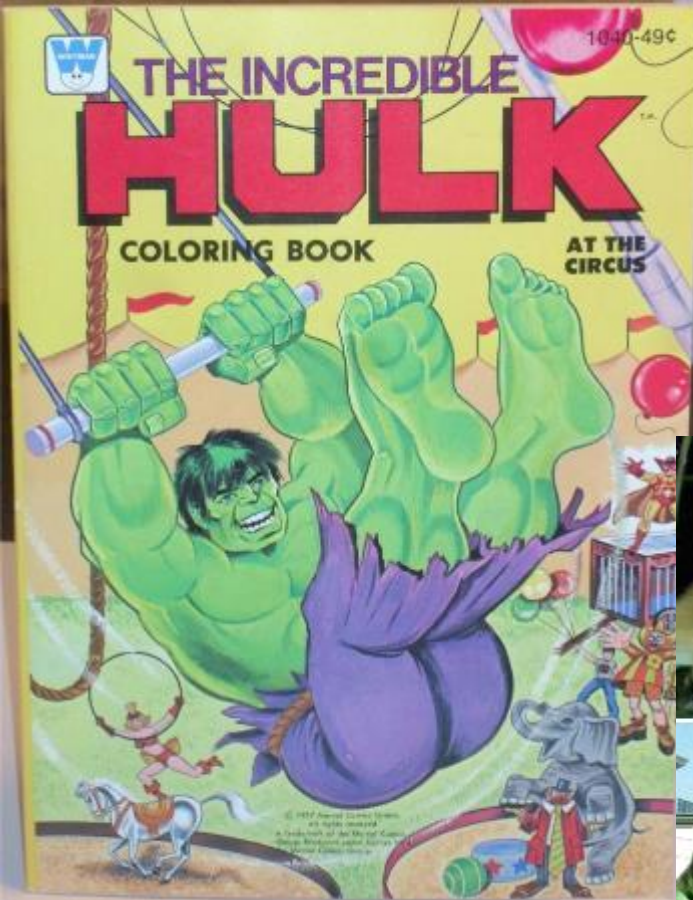
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Marvelous Myths

Marvel Super Heroes and Everyday Faith



“Wise people restrain their anger; their glory is to ignore an offense.” Proverbs 19:11



INCREDIBLE
HULK

15¢ 130
AUG



MARVEL
COMICS
GROUP

A NIGHTMARE COMES
TRUE! BRUCE BANNER
AT THE MERCY OF...

THE HULK

APPROVED
BY THE
COMICS
CODE
AUTHORITY

STOP,
HULK! STOP!
DON'T YOU
UNDERSTAND--
YOU'RE ME!

THIS IS
THE END,
BANNER--
YOUR
END!

IF I KILL YOU,
I DIE!

Myths

Everyday Faith



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**DAYS
WITHOUT
INCIDENT**
0



**Acknowledge
our anger**



“Fools give full vent to their rage, but the wise hold it back.” Proverbs 29:11

**Acknowledge
our anger**



**Let Jesus
change you**

“Wise people restrain their anger; their glory is to ignore an offense.” Proverbs 19:11



¹⁷ So I'm telling you this, and I insist on it in the Lord: you shouldn't live your life like the Gentiles anymore. They base their lives on pointless thinking, ¹⁸ and they are in the dark in their reasoning. They are disconnected from God's life because of their ignorance and their closed hearts. ¹⁹ They are people who lack all sense of right and wrong, and who have turned themselves over to doing whatever feels good and to practicing every sort of corruption along with greed.



²⁰ But you didn't learn that sort of thing from Christ. ²¹ Since you really listened to Him and you were taught how the truth is in Jesus, ²² change the former way of life that was part of the person you once were, corrupted by deceitful desires. ²³ Instead, renew the thinking in your mind by the Spirit ²⁴ and clothe yourself with the new person created according to God's image in justice and true holiness.



²⁵ Therefore, after you have gotten rid of lying, each of you must tell the truth to your neighbor because we are parts of each other in the same body. ²⁶ Be angry without sinning. Don't let the sun set on your anger. ²⁷ Don't provide an opportunity for the devil. ²⁸ Thieves should no longer steal. Instead, they should go to work, using their hands to do good so that they will have something to share with whoever is in need.



²⁹ Don't let any foul words come out of your mouth. Only say what is helpful when it is needed for building up the community so that it benefits those who hear what you say. ³⁰ Don't make the Holy Spirit of God unhappy—you were sealed by Him for the day of redemption. ³¹ Put aside all bitterness, losing your temper, anger, shouting, and slander, along with every other evil. ³² Be kind, compassionate, and forgiving to each other, in the same way God forgave you in Christ.

A dramatic, low-key photograph of a muscular man's back and arms, with the word "JESUS" overlaid in large white letters. The man's skin is dark and glistening, with visible muscle definition and some abrasions on his shoulders. The background is a dark, cloudy sky. The overall mood is intense and powerful.

JESUS

**Acknowledge
our anger**



**Let Jesus
change you**

**Anger as
an Ally**

“Don’t be defeated by evil, but defeat evil with good.” Romans 12:21



¹⁷ Don't pay back anyone for their evil actions with evil actions, but show respect for what everyone else believes is good.

¹⁸ If possible, to the best of your ability, live at peace with all people. ¹⁹ Don't try to get revenge for yourselves, my dear friends, but leave room for God's wrath. It is written, "Revenge belongs to me; I will pay it back," says the Lord. ²⁰ Instead, If your enemy is hungry, feed him; if he is thirsty, give him a drink. By doing this, you will pile burning coals of fire upon his head. ²¹ Don't be defeated by evil, but defeat evil with good.



Controlling Our Anger

**Acknowledge
our anger**



**Let Jesus
change you**

**Anger as
an ally**