



Thesis Statement

Just as Jesus teaches us to fast from food with sincerity and discipline, Christians must also learn to “fast” from anger—intentionally denying the flesh, cultivating self-control, and reflecting the character of Christ in our responses.

Introduction

- In [Matthew 6:16–18](#), Jesus teaches that fasting is not for outward show, but for inward transformation before God.
- Fasting is about denial, discipline, and devotion.
- We often think of fasting from food, Scripture also calls us to deny sinful attitudes—especially anger.
- Unchecked anger damages relationships, dishonors God, and weakens our witness.
- What if we treated anger the way we treat fasting—something to restrain, control, and surrender to God?

I. RECOGNIZE THE DANGER OF UNCONTROLLED ANGER

Ephesians 4:26–27 Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

- [James 1:19–20](#) – “The wrath of man does not produce the righteousness of God.”
- [Proverbs 14:29](#) – “He who is slow to wrath has great understanding.”
- Anger itself is not always sinful, but it easily leads to sin when uncontrolled.
- It opens the door for the devil.
- Human anger rarely produces godly outcomes.

Practical Acts of Faith:

- Practice pausing and praying before responding ([Psalm 141:3](#)).
- Identify triggers and consciously surrender them to God daily.

II. PRACTICE SPIRITUAL DISCIPLINE: FASTING FROM ANGRY REACTIONS

Colossians 3:8 But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.

- [Galatians 5:22–23](#) – Fruit of the Spirit includes self-control.
- Just as fasting from food requires intentional denial, fasting from anger requires spiritual discipline.
- This is not suppression, but transformation through the Spirit.

Practical Acts of Faith:

- Set a daily intention: “Today, I will fast from anger.”
- Replace angry words with edifying speech ([Ephesians 4:29](#)).
- When anger arises, step away, breathe, and pray before engaging.

III. REFLECT CHRIST THROUGH MEEKNESS AND FORGIVENESS

Romans 12:17–21 Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.” To the contrary, “if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head.” Do not be overcome by evil, but overcome evil with good.

- Jesus modeled perfect control, even under extreme provocation.
- Fasting from anger allows Christ’s character to be seen in us.
- Forgiveness is the ultimate expression of victory over anger.

Practical Acts of Faith:

- Choose forgiveness quickly, even when it’s difficult.
- Pray for those who provoke or offend you ([Matthew 5:44](#)).
- Let others see your faith - not your frustration.

CONCLUSION

- Fasting is about drawing closer to God by denying self.
- Anger must be treated the same way—something to discipline, not indulge.
- When we fast from anger, we make room for peace, righteousness, and Christlikeness in our lives.

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"The churches of Christ greet you"
Rom. 16:16

Hebrews 4:12

THE HOLY BIBLE

2 Tim. 2:15, 3:16-17

HEAR
Rom. 10:17

BELIEVE
Jn. 3:16

REPENT
Lk. 13:3

CONFESS
Rom. 10:9

IMMERSED/ADDED
Acts 2:36-47, 22:16
FORGIVEN/SAVED

FAITHFUL
Rev. 2:10
Remain Saved
Till the end
Phil. 2:12

"See, here is water; what doth hinder me to be immersed?"
Acts 8:36
"water immersion now saves us by the resurrection of Jesus Christ." 1 Pt. 3:21

How Jesus commands us to be forgiven of sins and added to His kingdom.