



## Anger

Ephesians 4:17-27 (ESV)

*Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. <sup>18</sup> They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. <sup>19</sup> They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. <sup>20</sup> But that is not the way you learned Christ!— <sup>21</sup> assuming that you have heard about him and were taught in him, as the truth is in Jesus, <sup>22</sup> to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, <sup>23</sup> and to be renewed in the spirit of your minds, <sup>24</sup> and to put on the new self, created after the likeness of God in true righteousness and holiness. <sup>25</sup> Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. <sup>26</sup> Be angry and do not sin; do not let the sun go down on your anger, <sup>27</sup> and give no opportunity to the devil.*

Ephesians 4:30-32 (ESV)

*And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup> Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup> Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.*

### I. Is all anger bad?

Anger is a powerful energy released in defense of something you love.

- Anger is a neutral emotion.
- Anger can be a catalyst for change or a catalyst for destruction. (Matthew 21:12-15)
- Righteous anger is surgical anger focused on protecting the oppressed and exposing sin.
- Unrighteous anger comes from loving the wrong things, or loving the right things out of proportion.

James 4:1

*What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?*

### II. What is my anger defending?

- The way to deal with unrighteous anger is to first confess and repent of unrighteous desires that are fueling my anger.

### III. How to uproot anger: (Ephesians 4:22-24)

1. We must resign as judge of our world. (Ephesians 4:26-27; Romans 12:17-21)
  - Righteous anger releases to God while unrighteous anger chooses revenge.
2. We must recognize that we are first sinners and only secondly sinned against. (Ephesians 4:32)

Proverbs 19:11 (ESV)

*Good sense makes one slow to anger, and it is his glory to overlook an offense.*

James 1:20 (ESV)

*for the anger of man does not produce the righteousness of God.*