

Edward Church

Ephesians 4:26-27

Anger

Pt 2



August 23, 2020

Kicking the Cat

"BE ANGRY [at sin--at immorality, at injustice, at ungodly behavior], YET DO NOT SIN; do not let your anger [cause you shame, nor allow it to] last until the sun goes down. And do not give the devil an opportunity [to lead you into sin by holding a grudge, or nurturing anger, or harboring resentment, or cultivating bitterness]." EPHESIANS 4:26-27 Amp

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Go ahead and be angry. You do well to be angry— but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life.
Eph 4:26-27 Message

Anger's Nature

Anger is a God Given Powerful Emotion...



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Anger is a God Given Powerful Emotion...
...Response to an Injustice or Pain or Threat...
...a person makes the Conscious Choice
...to Take Action to Immediately Stop the
...Threatening Behavior of
...Another Outside Force.

- **Moses Got Angry**
- **David Got Angry**
- **God Got Angry**
- **Jesus Got Angry**



Anger Statistics



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Anger is the Watch Word of Our Age

- **From Road Rage to Dom. Violence to Mental Problems**
- **The Average Male Loses Temper About 6 Times a Week**
 - **Often Gets Mad at Circumstances More Than People**
- **The Average Female Loses Temper About 3 Times a Week**
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- **The Average Female Loses Temper About 3 Times a Week**
 - **Often Gets Mad at People More Than Circumstances**
- **Anger is Usually Handled in 2 Ways**
 - **Blow Up**
 - **Clam Up**
- **We Are More Likely to Express Our Anger At Home...**
 - ...Severely Affecting Relationships**

What God Says About Anger



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1st, Anger is NOT a Sin

- *Be angry and sin not...*
- *In your anger, do not sin...*

Anger is a Healthy Emotional Signal that...

...Something Needs to Be Addressed



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2nd, Anger CAN Lead Us Into Sin

- **Do Not Let the Sun Go Down on Your Wrath**

Anger Must Be Expressed Appropriately...

...When Not Vented Properly

...Leads To Wrath

Anger= *excitement of mind, justifiable abhorrence*

Wrath= *to enrage, become exasperated, lose control*

Sin= *to miss the mark and so not share in the prize*

BEWARE!

**THE
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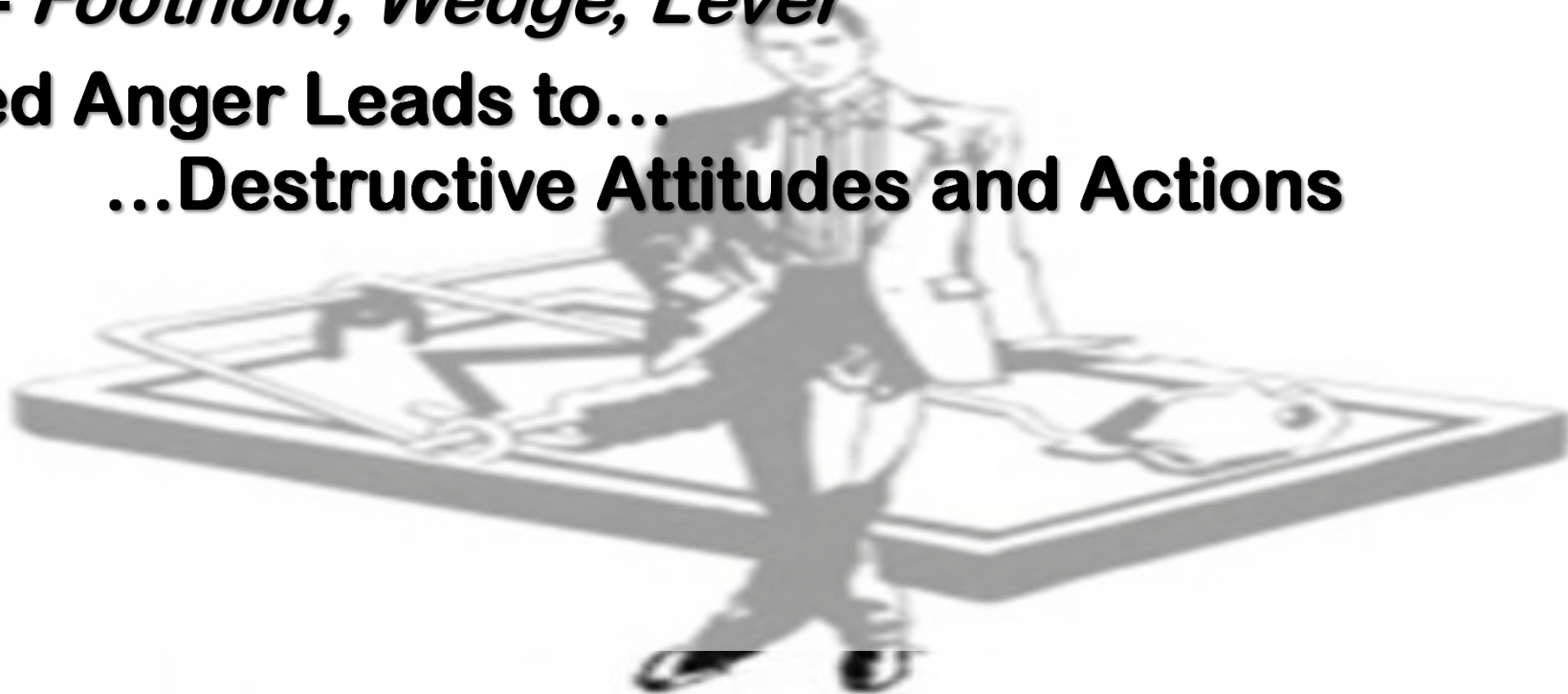
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3rd, Unresolved Anger OPENS the Door to Spiritual Bondage

- *Neither give place to the devil*
- *Place= Foothold, Wedge, Lever*

Unbridled Anger Leads to...

...Destructive Attitudes and Actions



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4th, Anger HINDERS Spiritual Maturity

- *James 1:19-20 (Phillips) In view of what he has made us then, dear brothers, let every man be quick to listen but slow to use his tongue, and slow to lose his temper. For man's temper is never the means of achieving God's true goodness.*

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Step 3: LET IT OUT

- **Release Your Anger to God In Prayer.**
- **Tell God How You Feel... He Can Handle It.**
- **Then Go Talk About It W- a Friend or Offender**

**Whatever You Do, Don't Keep Your Anger Locked Up In Your Heart.
Repressed Anger Visits in a Host of Emotional - Relational Problems.**



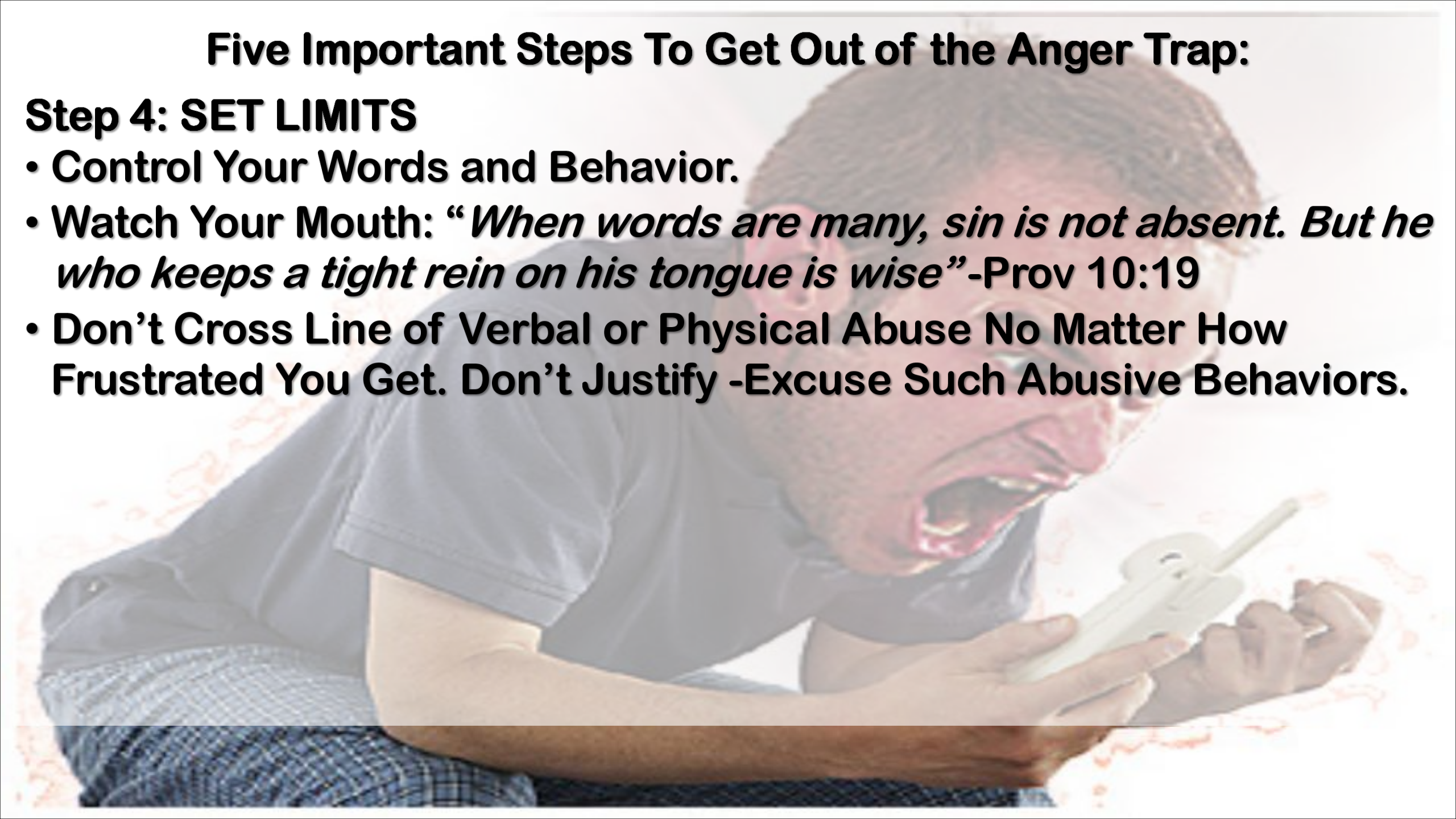
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- Watch Your Mouth: *“When words are many, sin is not absent. But he who keeps a tight rein on his tongue is wise”*-Prov 10:19
- Don't Cross Line of Verbal or Physical Abuse No Matter How Frustrated You Get. Don't Justify -Excuse Such Abusive Behaviors.



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Step 5: GIVE IT UP

- As Christians, we do not have the right to remain angry.
- In Christ, we have given up that right.
- We surrender our anger to Him/ forgive others as He has us.
- When we forgive, we are free from resentment, bitterness,/ anger.





As we walk today through the mine field of relationships replete with misunderstandings, remember the word of God:

“Be angry and sin not. Do not let the sun go down upon your wrath”-Ephesians 4:26

Just a Thought



Just a Thought

- Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured
- “Never go to bed mad. Stay up / fight.” -Phyllis Diller
- “Speak when you are angry and you will make the best speech you will ever regret.”
- “When angry, count four. When very angry, swear.”
-Mark Twain
- I may look calm on the outside, but I have killed you three times in my head
- I wouldn't have to manage my anger if people would manage their stupidity.

A fool gives full vent
to his anger

but

a wise man
keeps himself
under control

(Proverbs 29:11)