

Anger

Ephesians 4:26



“BE YE ANGRY, AND SIN NOT: LET NOT THE SUN GO DOWN UPON YOUR WRATH: NEITHER GIVE PLACE TO THE DEVIL” - EPH. 4:26

“Anger has a way of disarming us, robbing us of our testimony and injuring our relationships and home life. Therefore, it is time that we get a grip on our anger by bringing it to the cross and letting Christ cleanse us and His Spirit control us.”

People do the craziest things when they lose their temper. Toddlers throw temper tantrums. They scream and yell and hurl their bodies to the ground while flailing their stubby little arms and legs in every direction.

A teenager may stomp out of a room. Others may scowl daggers at their adversary or sit hostilely in a corner of their room with their arms crossed.

A young mother of preschoolers may demonstrate her anger by slamming their toys into a toy chest while screaming at them for doing things that little children do.

A man driving to work may get cut off, and in a fit of rage slam his fist into the steering wheel and shouts expletives at the other driver. Some in their fury may even attempt to hunt down the culprit with every intent to give them a piece of their mind – if not more.



Anger defined. Funk & Wagnall Standard Desk

Dictionary, Vol. 1, 1979 says anger is “a feeling of sudden and strong displeasure, an antagonism directed against the cause of an assumed wrong or injury; wrath; ire.” Merriam-Webster Collegiate Dictionary, Tenth Ed., 2000 says anger is “a strong feeling of displeasure and usually of antagonism.”

The physical ailments that are linked with anger are high cholesterol, hives, eczema, running nose, asthma, diarrhea, constipation, nausea and vomiting, ulcers, migraine headaches, high blood pressure, strokes, and heart problems.

There are also various stages of anger. It usually begins with an unexpressed emotion boiling within. If unchecked it can move to wrath. In that stage the offended feels they have to answer. Fury is when one loses emotional self-control. Rage is when someone temporarily loses total control. This stage usually includes violent acts.

The Bible defines anger as a passion of nature which is not always bad. It is an emotion that needs to be controlled and used properly. God holds us accountable for all our actions. If our emotion of anger is improperly used it is called sin. For some, it may seem impossible to control these raging feelings. Fortunately, God has not abandoned us in this matter. First, He provides biblical guidelines in His Word for us to follow. Then He offers supernatural aid which is found at the cross of Jesus Christ, our Lord. Once saved, we possess tools which enable us to live godly lives. This happens when through the power of the Holy Spirit we by faith yield our members as instruments of righteousness unto God.

1. Look up the following verses and list what anger looks like when it is improperly used.

Anger is **folly** _____:

- a. Eccl. 7:9 — **“Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.”**
- b. Proverbs 14:29 — **“He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.”**

Anger is stirred up _____ :

- a. Prov. 15:1— “A soft answer turneth away wrath: but grievous words stir up anger.”
- b. Prov 15:18 — “A wrathful man **stirreth up** strife: but he that is slow to anger appeaseth strife.”
- b. Prov. 30:33 — “Surely the churning of milk bringeth forth butter, and the wringing of the nose bringeth forth blood: so the forcing of wrath bringeth forth strife.”

It is futile to rescue a man of wrath _____ :

- Prov. 19:19 — “A man of great wrath shall suffer punishment: for if thou deliver him, yet thou must do it again.”

Anger is a sign of pride _____ :

- Proverbs 21:24 -- Proud and haughty scorner is his name, who dealeth in proud wrath.

Anger is cruel _____ :

- Proverbs 27:4 — “Wrath is cruel, and anger is outrageous”

2. What positive things can we learn about anger?

Anger can be controlled _____ :

- Prov. 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.

Anger is not necessarily sinful _____ :

- Psa. 2:5 — “Then shall he speak unto them in his wrath, and vex them in his sore displeasure.”
- Psa. 2:12 — “Kiss the Son, lest he be angry, and ye perish from the way, when his wrath is kindled but a little. Blessed are all they that put their trust in him.”
- John 2:13 — “And the Jews’ passover was at hand, and Jesus went up to Jerusalem, and found in the temple those that sold oxen and sheep and doves, and the changers of money sitting: and when he had made a scourge of small cords, he drove them all out of the temple, and the sheep, and the oxen; and poured out the changers’ money, and overthrew the tables; and said unto them that sold doves, ‘Take these things hence; make not my Father’s house an house of merchandise.’ And his disciples remembered that it was written, The zeal of thine house hath eaten me up.”

Anger must have some safeguards _____ :- Eph 4:26

- Don’t let the sun go down on your anger
- Don’t prolong your anger.

3. What can we learn from those who used anger correctly?

There is a thing called righteous anger _____ :

- Ex. 32:19 — “And it came to pass, as soon as he came nigh unto the camp, that he saw the calf, and the dancing: and Moses’ anger waxed hot, and he cast the tables out of his hands, and brake them beneath the mount. And he took the calf which they had made, and burnt it in the fire, and ground it to powder, and strawed it upon the water, and made the children of Israel drink of it.”
- 1Kings 11:9 — “And the LORD was angry with Solomon, because his heart was turned from the LORD God of Israel, which had appeared unto him twice, and had commanded him concerning this thing, that he should not go after other gods: but he kept not that which the LORD commanded. Wherefore the LORD said unto Solomon, ‘Forasmuch as this is done of thee, and thou hast not kept my covenant and my statutes, which I have commanded thee, I will surely rend the kingdom from thee, and will give it to thy servant.’”
- 1Sam. 11:6 — “And the Spirit of God came upon Saul when he heard those tidings, and his anger was kindled greatly. And he took a yoke of oxen, and hewed them in pieces, and sent them throughout all the coasts of Israel by the hands of messengers, saying, ‘Whosoever cometh not forth after Saul and after Samuel, so shall it be done unto his oxen.’ And the fear of the LORD fell on the people, and they came out with one consent.”

4. Look up the following verses on how to control anger.

a. Bring all your issues to Christ — Gal. 2:20

I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

b. Confront the problem — Ephesians 4:26

c. Ignore petty disagreements — Prov. 19:11

The discretion of a man deferreth his anger; and it is his glory to pass over a transgression.

4. Refrain from close association with anger-prone people — Prov. 22:24-25

“Make no friendship with an angry man; and with a furious man thou shalt not go: Lest thou learn his ways, and get a snare to thy soul.”

5. Keep a close check on your tongue — Prov. 21:23

Whoso keepeth his mouth and his tongue keepeth his soul from troubles.

6. Cultivate honest communication — Ephesians 4:25

Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another.

7. Be filled with the Holy Spirit at all times — Ephesians 5:18

And be not drunk with wine, wherein is excess; but be filled with the Spirit;