

DEFLATING YOUR ANGER – EPHESIANS 4:26-27

SERIES: *RESILIENCE IN THE LIFE OF THE BELIEVER*

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

- Anger: a strong feeling of displeasure and belligerence aroused by a wrong; wrath; ire.
- Rage: angry fury; violent anger; a fit of violent anger; violence of feeling, desire, or appetite.

1. RECOGNIZING SINLESS ANGER

²⁶ BE ANGRY, AND *yet* DO NOT SIN; do not let the sun go down on your anger, ²⁷ and do not give the devil an opportunity. ***Ephesians 4:26-27 (NASB)***

A. Biblical Anger

²¹ "You have heard that people were told in the past, 'Do not commit murder; anyone who does will be brought to trial.' ²² But now I tell you: if you are angry with your brother you will be brought to trial, if you call your brother 'You good-for-nothing!' you will be brought before the Council, and if you call your brother a worthless fool you will be in danger of going to the fire of hell. ***Matthew 5:21-22 (TEV)***

¹¹ A fool gives full vent to his anger, but a wise man keeps himself under control. ***Proverbs 29:11 (NIV)***

B. The Anger of Lord Jesus

➤ Toward the money changers

¹³ When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. ¹⁴ In the temple courts he found men selling cattle, sheep and doves, and others sitting at tables exchanging money. ¹⁵ So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. ¹⁶ To those who sold doves he said, "Get these out of here! How dare you turn my Father's house into a market!" ***John 2:13-16 (NIV)***

➤ Toward Legalism

⁴ Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?" But they remained silent. ⁵ He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored. ⁶ Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus. ***Mark 3:4-6 (NIV)***

2. RENOUNCING SINFUL ANGER

³¹ Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. ***Ephesians 4:31 (NKJV)***

A. Do Not Nurse Your Anger: (*Anger is a choice*)

²⁶ Be angry and do not sin; do not let the sun go down on your anger, ***Ephesians 4:26 (ESV)***

¹⁵ Make sure that everyone has kindness from God so that bitterness doesn't take root and grow up to cause trouble that corrupts many of you. ***Hebrews 12:15 (GW)***

B. Do Not Rehearse Your Anger

³¹ Get rid of your bitterness, hot tempers, anger, loud quarreling, cursing, and hatred. ***Ephesians 4:31 (GW)***

C. Do Not Converse About Your Anger

²⁹ Let no foul *or* polluting language, *nor* evil word *nor* unwholesome *or* worthless talk [ever] come out of your mouth, but only such [speech] as is good *and* beneficial to the spiritual progress of others, as is fitting to the need *and* the occasion, that it may be a blessing *and* give grace (God's favor) to those who hear it. ***Ephesians 4:29 (AMP)***

D. Do Not Disperse Your Anger

¹¹ If you are sensible, you will control your temper. When someone wrongs you, it is a great virtue to ignore it. ***Proverbs 19:11 (TEV)***

E. Reverse Your Anger

¹⁹ Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. ²⁰ On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." ***Romans 12:19-20 (NIV)***

²¹ If your enemy is hungry, give him food to eat; if he is thirsty, give him water to drink.

²² In doing this, you will heap burning coals on his head, and the LORD will reward you. ***Proverbs 25:21-22 (NIV)***

3. RELEASE YOUR ANGER TO GOD

³⁴ And Jesus said, "Father, forgive them, for they know not what they do." And they cast lots to divide his garments. ***Luke 23:34 (ESV)***