

Good and Angry: Ephesians 4:26-27



WHAT DO YOU DO WITH YOUR ANGER?

Proverbs 22:24-25

“Do not associate with a man given to *anger*; or go with a hot-tempered man, or you will learn his ways and find a snare for yourself.”

Matthew 5:22

“But I say to you that everyone who is *angry* with his brother shall be answerable to the court; and whoever says to his brother, ‘You good-for-nothing,’ shall be answerable to the supreme court; and whoever says, ‘You fool,’ shall be guilty enough to go into the fiery hell.”

Ephesians 4:31

“Let all bitterness and wrath and *anger* and clamor and slander be put away from you, along with all malice.”

James 1:20

“for the *anger* of man does not achieve the righteousness of God.”

Hebrews 3:10

“Therefore I was *angry* with this generation, and said, ‘They always go astray in their heart, and they did not know my ways;’”

Hebrews 3:17

“And with whom was He *angry* for forty years? Was it not with those who sinned, whose bodies fell in the wilderness?”

God Gets Angry

Christ-followers are
commanded to be angry
and not sin.

Ephesians 4:26:

“*Be angry*, and yet do not sin; do not
let the sun go down on your anger,”

Appears 9 times in
the New Testament

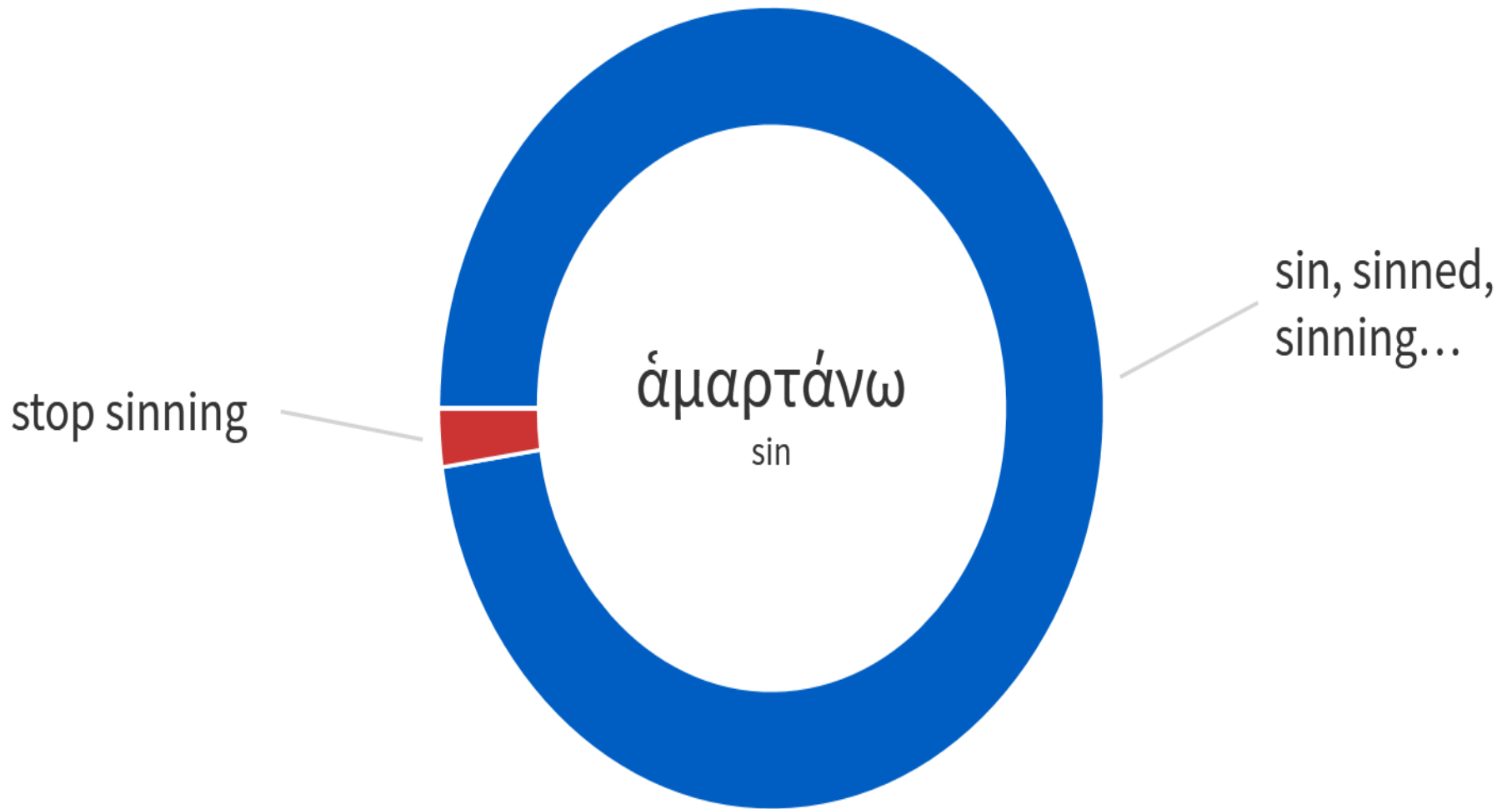
angry

ὀργίζω
be angry

VERB – PRESENT, **PASSIVE, IMPERATIVE**

Why We Become Angry:

1. Physical
2. Injustice
3. *Fear*
4. *Hurt*
5. *Frustrations*
6. Other



VERB – PRESENT, ACTIVE, **IMPERATIVE**

set



VERB – PRESENT, ACTIVE, **IMPERATIVE**

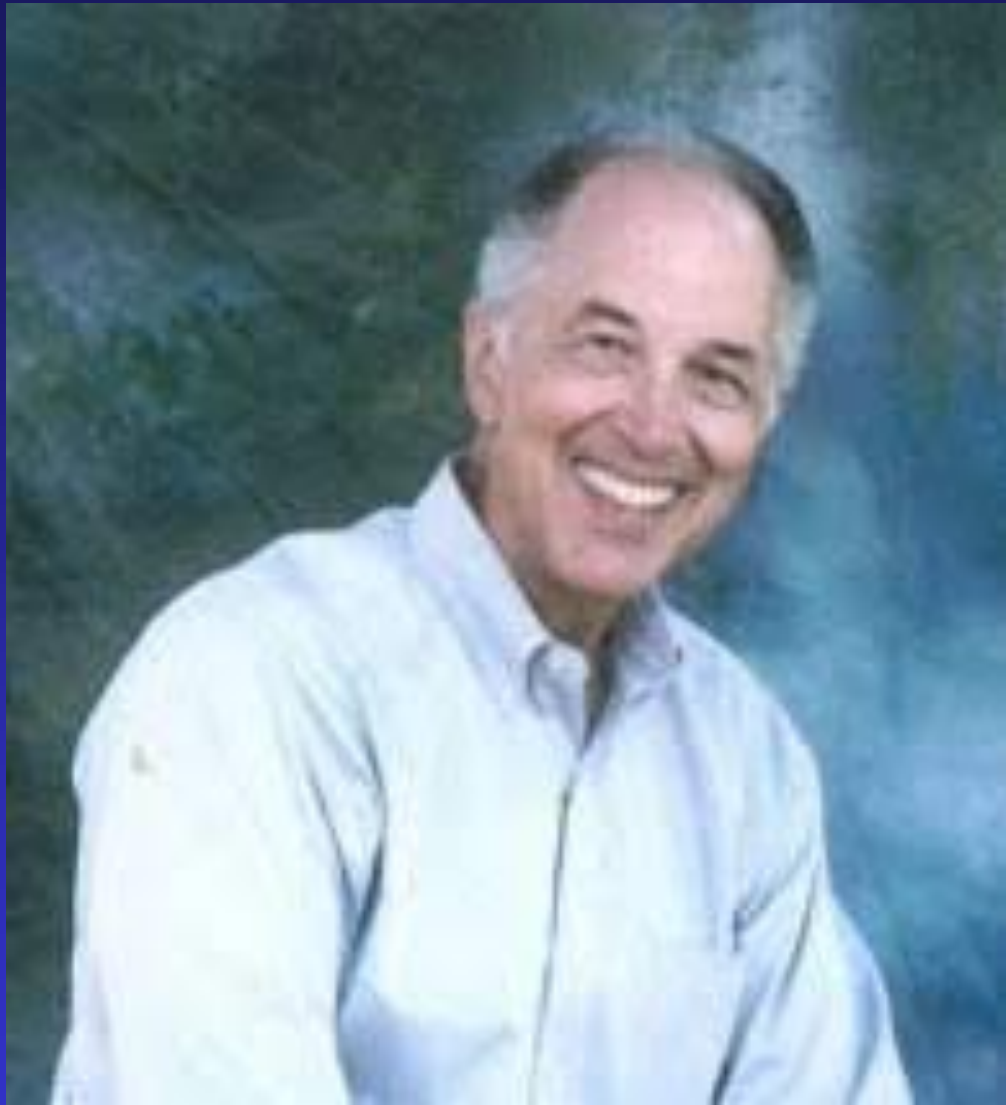
What Is Anger?

“Anger is a
God-given
emotion that
releases energy”

Anger is a God-given emotion that releases energy

- What you do with the energy determines if anger becomes sin.
- Most of us have established patterns that are sinful.

1. Christ-followers are commanded to be angry and not sin.
2. Anger is a God-given emotion that releases energy.
3. What you do with the energy determines if anger becomes sin.



NORMAN
WRIGHT



*Suppression
'count to 10'*



Proverbs 19:11

“A man's discretion makes him slow to anger, and it is his glory to overlook a transgression.”



Suppression
'count to 10'



Repression



bury it
hide it



Suppression
'count to 10'

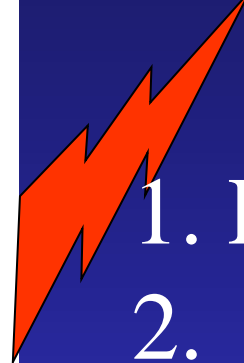


Repression



bury it
hide it

Expression



1. Direct
- 2.
- 3.

1. Direct: Ephesians 4:29-31

“Let no *unwholesome word* proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all *bitterness* and *wrath* and *anger* and *clamor* and *slander* be put away from you, along with all *malice*.”

Communication includes:

WORDS = 7%

tone/inflection = 38%

body language = 55%

Confession



Expression

1. Direct
2. Indirect
- 3.

Suppression
'count to 10'

Repression



bury it
hide it

2. Indirect: *Jonah 4:1,5*

“But it greatly displeased Jonah and he became angry.”

“Then Jonah went out from the city and sat east of it. There he made a shelter for himself and sat under it in the shade until he could see what would happen in the city.”

Confession



Expression

1. Direct
2. Indirect
3. Non-Direct

Suppression
'count to 10'

Repression



bury it
hide it

3. Non-Direct: Numbers 20:7-12

“Take the rod; and you and your brother Aaron assemble the congregation and *speak to the rock before their eyes, that it may yield its water*... So Moses took the rod from before the LORD, just as He had commanded him; and Moses and Aaron gathered the assembly before the rock. And he said to them, ‘Listen now, you rebels; shall we bring forth water for you out of this rock?’ *Then Moses lifted up his hand and struck the rock twice with his rod;*

3. Non-Direct: *Numbers 20:7-12*

and water came forth abundantly, and the congregation and their beasts drank. But the LORD said to Moses and Aaron, ‘Because you have not believed Me, to treat Me as holy in the sight of the sons of Israel, therefore you shall not bring this assembly into the land which I have given them.’”



Passive
Expressions
of Anger

Active
Expressions
of Anger



Confession



Expression

1. Direct
2. Indirect
3. Non-Direct

Suppression
'count to 10'

Repression



bury it
hide it

Confession includes:

- Admit it
- Analyze it
- Act on it

Choices of how to use anger-energy

Suppress it - ok

Repress it - not good

Express it - not good

Confess it – good

(admit, analyze, act)

1. Christ-followers are commanded to be angry and not sin.
2. Anger is a God-given emotion that releases energy.
3. What you do with the energy determines if anger becomes sin.
4. Admit and analyze your anger and then act on it in a positive, constructive, helpful way.

Nehemiah 5:6-7

“Then I was very angry when I had heard their outcry and these words. I *consulted with myself and contended with the nobles and the rulers* and said to them...”