

When is Anger Right?

Ephesians 4:26,27

Introduction:

- A. Eph 4:31 – commands us to put away all f_____ of anger
 - 1. It lists b_____, wrath, anger, clamor or yelling, and slander.
 - 2. God gets angry, yet He is r_____ is it possible for us to get angry without sinning.
- B. Today's text tells us when anger is right.

When directed against the p_____ (26a)

- A. Paul quotes Ps 4:4
 - 1. This is a Psalm of D_____
 - a. He is expressing his feelings of being fed up with people l_____ *what is worthless and aiming at deception.*
 - b. He trusts God to d_____ those feelings in a healthy way – *Be angry and do not sin; meditate in your heart upon your bed and be still.*
 - 2. Since God is righteous when He is angry
 - a. We must allow Him to d_____ our anger
 - b. Be angry but do not s_____ (Eph 4:26a)
- B. Biblical examples of anger directed against the problem
 - 1. Rom 1:18ff – God's wrath (should be translated as anger since it is the same Greek word that is used in Eph 4:26)
 - a. Directed against all f_____ of ungodliness in unbelievers.
 - b. The reason for this anger is because they suppress the truth God embedded in every person (God created the world and everything in it and He alone is to be w_____)
 - 2. Mark 3:5ff – Jesus's anger against the l_____ of the Pharisees concerning keeping the Sabbath day holy.
 - a. The situation – a man with a shriveled up h_____ was attending the synagogue meeting where Jesus was preaching
 - b. The problem – the Pharisees were hoping that Jesus would heal the man so they could accuse Him of b_____ the Sabbath law.
 - c. The emotions of Jesus
 - 1) He looked at them in a _____
 - 2) He was g_____ (i.e. sad) because of the hardness of their heart.

d. The action of Jesus

- 1) He asked the Pharisees a question: is it lawful on the Sabbath to do good or to do harm, to save a life or to kill? (they kept s_____)
 - 2) He h_____ the man.
3. John 2:13ff – Jesus’s anger against the abuse of God’s temple
- a. The situation – the religious leaders set up a system forcing Jewish travelers to ex_____ their coins and buy what the religious leaders deemed as acceptable sacrifices for the Passover.
 - b. The problem – the religious leaders were making the temple courts as a place for making m_____ rather than honoring God.
 - c. Jesus’s reaction
 - 1) He made a scourge out of c_____ (this took time)
 - 2) He d_____ the sellers out and overturned their tables and poured their coins on the ground.
 - 3) He declared their sin: making the Father’s house a house of m_____.

C. The principles

1. Anger must have a specific t_____
2. The aim must NOT be a m_____ gun approach (may hit the target but destroys things around it - destructive)
3. The aim must be an expert a_____ approach (careful aim and careful release of the arrow - constructive).

D. Practical examples

1. How does mommy deal with her little boy who punched her sister while playing together in a sandbox?
2. Everything is going wrong with your day and anger is building up inside you. How do you direct your anger?

When directed with timeliness (26b, 27)

A. The warning against not releasing anger in a timely manner

1. Don’t let the s_____ go down on your anger (v. 26b).
 - a. This does NOT mean that you must release your anger before you go to b_____.
 - b. This is warning against not dealing with your anger. Deal with it immediately.
2. Don’t give the devil an o_____ to lure you into using your anger wrongly (v. 27)

B. There are two speed limits to anger in the Bible

1. Maximum speed limit (James 1:19) – Be s_____ to anger. – when anger stirs up inside you, pause and think and then respond.
2. Minimum speed limit (Heb 12:15) – don't be so slow to anger that it turns into b_____
 - a. This will d_____ relationships (defile others)
 - b. To overcome bitterness, you might have to f_____ someone, or go to counseling, or make things right.

Conclusion: - Practical steps to take when experiencing anger:

1. Acknowledge the emotion (Be angry)
2. Reason about your anger (Why am I angry?)
3. Pray for direction (God, direct my anger to solve the problem in a healthy way)
4. Pursue the solution as soon as possible.