

OVERCOMING ANGER

TEXT: Ephesians 4:25-27

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²⁵ Therefore, putting away lying, “Let each one of you speak truth with his neighbor,” for we are members of one another. ²⁶ “Be angry, and do not sin”: do not let the sun go down on your wrath, ²⁷ nor give place to the devil.

INTRODUCTION:

- I. **IT DOESN'T TAKE LONG TO FIGURE OUT WE LIVE IN AN ANGRY WORLD.**
 - A. Read the headlines on any given day and you see anger on display in politics, movies, TV shows and sports.
 - B. Spend any time in most families and you will see anger expressed almost daily.
 - C. When a day goes by without conflict, it is a miracle of God.

- II. **SADLY THE CHURCH HASN'T BEEN THE POSTER CHILD FOR PURSUING PEACE AND RECONCILING CONFLICT IN A GOD GLORIFYING WAY.**
 - A. Even though Jesus “broke down the dividing wall of hostility so that we could have peace, we still quarrel and fight. (Ephesians 2:14-16)
 - B. Wherever there are relationships, anger continues to be expressed.
 - C. By nature we all are selfish.
 1. I am no exception.
 2. Cut me off in traffic.
 3. I might have some words for you, of course with my window up.
 4. Do something I perceive as disrespectful, and I may get a little passive, but aggression will often be expressed.
 5. If you reject me, I get insecure, defensive and may punish you in some way.

- III. **THAT IS HOW DECEPTIVE ANGER CAN BE.**
 - A. It affects our ability to think reasonably and rationally.
 - B. While I am not immune, I am also certain I'm not alone in these struggles. (1 Corinthians 10:13)
 - C. But God in His grace, mercy, kindness, patience, and love has made us alive through the death, burial and resurrection of His Son, Jesus Christ. (Ephesians 2:4-9)
 - D. It is only because of Him that I'm pursuing humility and meekness as a way of life.
 - E. Know this though, humility and meekness are not weaknesses.
 - F. They are strength under control, like a well-trained war horse. (Matthew 5:5)

IV. AS GOD’S CHILDREN, WE CAN MAKE THIS JOURNEY OF CHANGE IN DIFFERENT WAYS.

- A. Here are some things I have learned over the years in my fight against anger.
- B. Understanding and applying these truths to your own life will help you overcome anger and see sustained fruit.

DISCUSSION

I. ANGER HAS THREE FACES.

- A. It is expressed primarily in three different ways.
 - 1. Explosion and blowing up
 - 2. Stewing, brewing, or silent indignation.
 - 3. Irritability, exasperation or embitterment.
- B. Silent anger is just as offensive to God as explosive anger.
- C. How are you prone to express your anger?

II. ANGER DESTROYS RELATIONSHIPS

- A. You choose who is on the receiving end of your anger because anger is a perceived threat to something you hold valuable.
- B. The problem is we can go a whole day at work being “nice” to our co-workers only to lose it when we arrive at home with those closest to us.
- C. We tend to take it out on those we are called to love the most.
- D. Who has been on the receiving end of your anger the most?

III. ANGER IS DESCRIBED IN THE BIBLE.

- A. The Bible has a lot to say about anger.
- B. From the beginning in the garden all the way to the end, man’s anger is expressed by rejecting God and pursuing his own way. (Romans 3:10—18)
- C. Yet man’s anger does not accomplish God’s righteous purposes. (James 1:19-20)
- D. While God too can be angry, it is never sinful. (Psalm 7:11; John 3:36; Romans 1:18)
- E. How would you say your anger does not fulfill God’s purpose for you in this world?

IV. ANGER PUTS JESUS ON THE CROSS.

- A. Did you know that the anger of man and God’s wrath for all our sins culminated onto Jesus when He went to the cross to pay the penalty for sin. (Acts 2:22-24)
- B. He satisfied God’s wrath and allowed man to express their anger towards Him at the same time.
- C. Man rejecting God and God loving man in the very same event in history.
- D. How often do you reject God in your anger by not doing what He called you to do?

V. ANGER IS COVERED BY THE BLOOD OF JESUS

- A. The blood of Christ is sufficient to cover your anger.
- B. No matter what the wrath expressed by your mouth may be or what you've done physically to harm others or yourself.
- C. You can be forgiven and you can walk in newness of life.
- D. Anger is a sin, but the death of Christ is payment enough to cover it.
- E. If you have died with Christ, you can become a different person. (Romans 6:5-11)
- F. Do you believe and live as if your anger is covered by the blood of Christ or do you act like His blood is insufficient?

VI. ANGER IS A LIFE-DOMINATING SIN

- A. Just like any other addiction.
- B. We can become enslaved to anger.
- C. It temporarily satisfies our sinful desire and flesh.
- D. Yet we feel guilty and ashamed when we give full vent to it.
- E. It is a vicious life cycle of self-destruction.
- F. Being honest we must admit we often find ourselves stuck in a vicious cycle of anger.
- G. If so you can be set free. (1 Corinthians 6:9-11)

VII. ANGER IS AN EXPRESSION OF FALSE WORSHIP

- A. Like all other addictions.
- B. Anger has false worship as its core.
- C. When you express your anger, ask yourself, "What am I not getting that I really want or that I'm willing to sin to get?"
- D. Your answer will reveal what you're living for in that moment.
- E. Something else has captured your heart more than God and you're seeking a false refugee.
- F. This amounts to idolatry.
- G. Ask yourself, What has captured my heart more than God?

VIII. ANGER IS OFTEN JUST A FRUIT.

- A. It usually has fear at the root and more specifically, it is the fear of rejection.
- B. While anger may be all we can see at the moment, at the heart of it is a fearful, insecure, unsafe untrusting heart looking for something from man that only God can supply.
- C. Learn to love God more with reverence and a Godly fear because then you will learn to need the approval of people less.
- D. Remember that perfect love cast our fear. (1 John 4:18)
- E. In this you will be loved by your heavenly Father.
- F. You must ask: "What do I fear deep down in the inner most being of my heart?"

IX. ANGER CAN BE RIGHTEOUS.

- A. Ephesians 4:26 tells us to be “angry and sin not”/
- B. While we must be very careful not to be deceived.
- C. You can be angry in a righteous sense.
- D. This happens when you are angry in the things in which God is angry.
- E. Jesus died not only to free you from anger but to enable you to be angry with God not at God.
- F. Thus we need to make a decision not to be angry about the things of man, but only the things of God.

X. ANGER MUST BE SURRENDERED

- A. The only way to conquer anger is to surrender yourself to God.
- B. Do not try to control or manage the thing of the flesh.
- C. Let the Spirit move you to action or bring you to a broken spirit.
- D. God is the judge, not you or me. (James 4:11,12)
- E. You need to step down from the throne and allow God to be God.
- F. You need to leave the vengeance to God. (Romans 12:18-21)

CONCLUSION:

I. ARE YOU READY TO HUMBLE YOURSELF IN THE SIGHT OF GOD?

- A. Know that He will give you the grace in your time of need. (Isaiah 66:2; 2 Chronicles 16:9; James 4:6)
- B. You can begin with repentance, asking God to forgive you..
- C. Second you need to go to the person you offended and ask their forgiveness.

II. YOU CAN HAVE FORGIVENESS.