

## ***Be Angry And Do Not Sin...Eph. 4:26-27***

- Introduction

I. Anger: A problem as old as Cain and Abel.

II. What do we do when we get angry?

- Do ugly, unkind things come out of our mouth?
- Do we hang on to those emotions that fester into bitterness?
- Do we hold grudges?
- Do we vent those feelings by gossiping to others?
- Do we plan and then say and do those things to hurt others to even the score?

III. Have we...

- Wounded a loved one, by words spoken when we were angry?
- Damaged our influence on job, in community, among brethren, because of things they have seen, heard when we were angry?
- Have we hindered the work of God because of bitter grudges we refuse to let go of?

IV. What do we do when we are angry?

- It is a matter that all have to come to grips with.
- God's word tells us how to do it so that we don't allow this powerful emotion to lead to behavior that is so hurtful to ourselves and others; and is pleasing to Him. (Eph. 4:26-27)

- Discussion

I. Eph. 4:26-27 → <sup>26</sup> **Be angry** and do not sin; do not let the sun go down on your anger, <sup>27</sup> and give no opportunity to the devil.

- All anger is not sinful.
  - God becomes angry. (Num. 11:1)
  - Jesus became angry. (Mk. 3:5)
  - God created us with the capacity for anger, and it has a proper place: anger that is God-centered. Because He is dishonored, profaned, His ways and laws are violated, mocked and maligned.
  - Anger can be a useful, healthy emotion – if it motivates to do those things that are right in response. To teach, defend, encourage, to rebuke, to live a godly life in contrast to the scoffers...
- We need to ask ourselves why we are angry...
  - Is it God-centered, or self-centered?
  - and are we in control of that anger. Am I heeding the next admonition?

II. Eph. 4:26-27 → <sup>26</sup> Be angry and **do not sin**; do not let the sun go down on your anger, <sup>27</sup> and give no opportunity to the devil.

- Anger never justifies sin. Never gives the right to do or say those things that are sinful.
- Even when angry, we must take pains to see that our behavior is godly. (Prov. 15:1; 12:16; 14:17,29; 16:32; 19:11)
- Too many seek to justify their evil conduct by saying, "I just got mad."/ "He just made me so mad."
- Paul tells us that even when we are angry, we can control ourselves. God holds us accountable to do so.
- Critical question: When does anger become sin?
  - Answer: When I violate the principle of love. (I Thess. 3:11-13; 5:15; Rom. 12:18)
    - What does that mean? My words and actions are to always be such that they seek only good for the other person – no matter how they have treated me. That I don't ever do or say anything with the intent of bringing harm to them.
    - When I get angry and begin yelling at, cursing, cussing, insulting, name calling, saying hurtful sarcastic things to wound and retaliate, I've crossed the line. When I gossip (Matt. 18:15) , shun or take other actions to injure or get back at another, I've crossed the line.

III. Eph. 4:26-27 → <sup>26</sup> Be angry and do not sin; **do not let the sun go down on your anger**, <sup>27</sup> and give no opportunity to the devil.

- Not saying don't go to sleep until all your problems and issues are solved.
- Not saying we can resolve and rectify every matter of friction before sunset.
- But that we need to get rid of the anger quickly. Don't let it sit , grow and fester.
- We can decide to lay aside the rage we feel before the day is over.
- We can resolve to deal with the matter with a cool head rather than when anger may lead to ungodly, unkind words and actions.

IV. Eph. 4:26-27 → <sup>26</sup> Be angry and do not sin; do not let the sun go down on your anger, <sup>27</sup> and **give no opportunity to the devil**.

- We are to put anger aside quickly because we do not want to give the devil a foothold. (Eph. 6:10-11; Gen. 4:7) The devil is looking for a toehold, a piece of ground from which he can launch an assault in our lives.
- Satan uses our anger as a foothold in our lives from which he launches his assault to destroy us. (to let anger abide in our lives is to invite the devil in...)
- The anger family: envy, jealousy, pride, bitterness, unforgiving spirit, wrath, malice, evil words and actions, murder, etc.
- Are we holding on to anger in our lives? The devil wants us to believe the lie that the affront, whatever it is, is just too great to let the anger go...He knows that anger and its fruit will keep us out of heaven, and condemn us to hell eternally. (Matt. 5:21-24)
- "I can hate Ricky Blackmon and be miserable and bitter the rest of my life or I can accept the apology and learn to be happy with that and go on," she said, **"And that is what I choose to do."**
- The words of Jesus on the cross. "Father, forgive them, for they know not what they do."