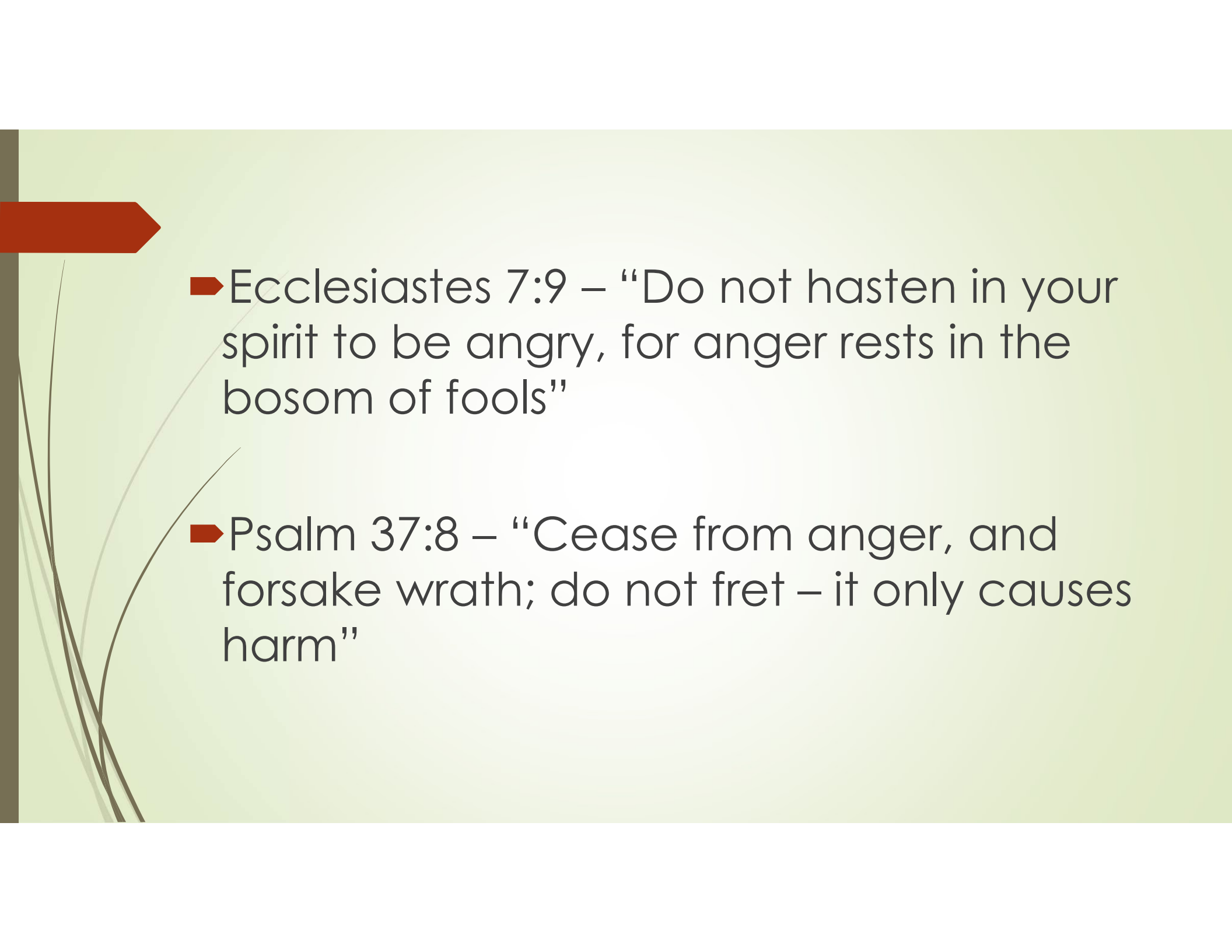



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- ▶ Ecclesiastes 7:9 – “Do not hasten in your spirit to be angry, for anger rests in the bosom of fools”
 - ▶ Psalm 37:8 – “Cease from anger, and forsake wrath; do not fret – it only causes harm”

Putting Away Anger & Wrath



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1. The Bible tells us to put away anger and wrath
 2. Is there an anger that is not sin?
 3. Why are you angry?
 4. Great dangers in and consequences of anger
 5. What can I do about anger in my life?



The Bible tells us to put away anger and wrath

- Ephesians 4:31; Colossians 3:8
 - “orge”, translated both wrath and anger
 - “indignation which has arisen gradually and become more settled” (Thayer)
 - “suggests a more settled or abiding condition of the mind” (Vine)
 - “thumos”, most often translated wrath
 - “the sudden outburst of passionate anger” (Zondervan Pictorial Encyclopedia of the Bible)
 - “a more agitated condition of the feelings, an outburst of wrath from inward indignation” (Vine)

The Bible tells us to put away anger and wrath

- ▶ What about Ephesians 4:26-27?
- ▶ “At the most, the imperative is permissive of limited types of anger. Too often, Paul’s words are twisted and used as excuse for the very thing he is requiring us to put away from our lives” (brother Colly Caldwell, Commentary, p.211)
- ▶ Here is an anger not in itself sin
 - ▶ It is neither cherished nor retained
 - ▶ It does not lead to sin
- ▶ Verse 27 shows that anger puts us in a danger zone
- ▶ Harmonizing Ephesians 4:26-27, 31
 - ▶ Don’t let anger turn to sin
 - ▶ Don’t let anger remain and become settled, for that is sin
- ▶ James 1:19-20

Is there an anger that is not sin?


- ▶ Anger is not automatically a sin
 - ▶ Ephesians 4:26-27
 - ▶ The example of Jesus – Mark 3:5
- ▶ Anger retained is sin
- ▶ Outbursts of fury and wrath are sin
- ▶ But...
 - ▶ “Is it right for you to be angry?” (Jonah 4:4)

Why are you angry?

- Cain. Genesis 4:6
 - Underlying issue: Jealousy, envy
- Jacob. Genesis 30:1-2
 - Underlying issue: I'm unjustly blamed
- Balak. Numbers 24.10
 - Underlying issue: Someone didn't do what I wanted
- Eliab. 1 Samuel 17:28
 - Underlying issue: Judging of motives, evil surmising
- Saul. 1 Samuel 20:30; 18:8
 - Underlying issue: Jealousy, envy

Why are you angry?

- ▶ David. 2 Samuel 6:6-9
 - ▶ Underlying issue: Sitting in judgment upon God's judgment
- ▶ David. 2 Samuel 12:5-6
 - ▶ Angry about someone's evil. Moved to declare judgment that should be exacted
 - ▶ Isn't David right to be aroused in anger?
- ▶ Jonah. Jonah 4:1-3
 - ▶ Underlying issue: Jealousy and envy
- ▶ Naaman. 2 Kings 5:10-12
 - ▶ Underlying issue: Prejudice and pride; expectations not met



Why are you angry?

- ▶ Nehemiah. Nehemiah 5:1-7, esp. vs.6
 - ▶ Angered over sin. Moved to do the right thing – rebuke.
 - ▶ Isn't Nehemiah right to be aroused to anger?
- ▶ Jesus. Mark 3:5
 - ▶ His anger a result of “being grieved for the hardness of their hearts”. Moved to heal the man with the withered hand.
 - ▶ Jesus is right to be aroused in anger



Is there an anger that is not sin?

- Is quickly extinguished
- Is not allowed to lead to sin
- Is properly motivated. i.e. righteous attitude; love for truth, love for souls of men, love for God (vs. self-justification, self-satisfaction)
- Results in righteous behavior

Anger: Great dangers and consequences

- ▶ Anger is habit forming – Proverbs 19:19 – “A man of great wrath will suffer punishment; for if you deliver him, you will have to do it again”
- ▶ Anger causes strife – Proverbs 30:33 – “For as the churning of milk produces butter, and wringing the nose produces blood, so the forcing of wrath produces strife”
- ▶ Anger leads to more sin. Proverbs 29:22. “An angry man stirs up strife, and a furious man abounds in transgression.”
- ▶ Anger is destructive to relationships, driving away those who should be close to us. Proverbs 21:19. “It is better to dwell in the wilderness, than with a contentious angry woman”
- ▶ Anger puts us in danger of losing our soul – Matthew 5:22 – “But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment. And whoever says to his brother, ‘Raca!’ shall be in danger of the council. But whoever says, ‘You fool!’ shall be in danger of hell fire.”

What can I do about anger in my life?

- Recognize the need to be slow to anger
 - Proverbs 16:32; 19:11
- Recognize the need to be slow to speak
 - James 1:19-20
- Look within yourself. Proverbs 19:11
 - Need to look at ourselves, not our circumstances, not the other person
 - Do I have within my attitude, my thinking, my heart, something that is not right, like Cain, like Jonah, like King Saul, like Naaman, etc?

What can I do about anger in my life?

- ▶ If anger is aroused because of righteous indignation about wrong or evil that you observe,
 - ▶ Take action if it is within your power to act, like Nehemiah, but do so righteously and godly
 - ▶ Do not keep the anger; extinguish it
- ▶ Follow the golden rule. Luke 6:31
 - ▶ “And just as you want men to do to you, you also do to them likewise”
- ▶ Put on kindness, mercy, and forgiveness. Ephesians 4:32
 - ▶ “And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.”

What can I do about anger in my life?

- Pray
- Watch your words. Proverbs 15:1
 - “A soft answer turns away wrath, but a harsh word stirs up anger.”
- Don't be a companion of angry people. Proverbs 22:24-25
 - “Make no friendship with an angry man, and with a furious man do not go, lest you learn his ways and set a snare for your soul.”
- Must not say: “I can't put away anger”