

Be Angry and Do Not Sin

Eph. 4:26-27: ²⁶ BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, ²⁷ and do not give the devil an opportunity.

- I. Intro
 - A. Anger common to all of us
 - B. Anger not necessarily sin
 - C. How will we respond
 - D. Your story
- II. Why anger
 - A. Basically threat response
 - 1. Something we have
 - 2. Something we want
 - 3. Something we are
 - 4. Something we care about
 - B. Selfishness
 - C. Colored by past
- III. Appropriateness
 - A. God given
 - 1. Should have been expressed by Adam
 - 2. Some things should anger us
 - 3. But do we have a right?
 - 4. Outbursts from the flesh Gal. 5:20
 - 5. Self-righteous anger
 - James 1:19-20: ¹⁹ This you know, my beloved brethren But everyone must be quick to hear, slow to speak and slow to anger; ²⁰ for the anger of man does not achieve the righteousness of God.
 - B. God feels
 - 1. At rejection
 - 2. At disobedience
 - 3. At evil
 - 4. At sin because it breaks relationship
 - 5. Jesus
 - a. Withered hand
 - Mark 3:1-5: ¹ He entered again into a synagogue; and a man was there whose hand was withered. ² They were watching Him to see if He would heal him on the Sabbath, so that they might accuse Him. ³ He said to the man with the withered hand, "Get up and come forward!" ⁴ And He said to them, "Is it lawful to do good or to do harm on the Sabbath, to save a life or to kill?" But they kept silent. ⁵ After looking around at them with anger, grieved at their hardness of heart, He

said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored.

b. At the temple

John 2:14-17: ¹⁴ And He found in the temple those who were selling oxen and sheep and doves, and the money changers seated at their tables. ¹⁵ And He made a scourge of cords, and drove them all out of the temple, with the sheep and the oxen; and He poured out the coins of the money changers and overturned their tables; ¹⁶ and to those who were selling the doves He said, "Take these things away; stop making My Father's house a place of business." ¹⁷ His disciples remembered that it was written, "ZEAL FOR YOUR HOUSE WILL CONSUME ME."

- 1) Accounts don't say He was angry
- 2) He did not react instantly but planned

6. God is slow to anger

Ex. 34:6-7 ⁶ Then Yahweh passed by in front of him and proclaimed, "Yahweh, Yahweh God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth; ⁷ who keeps lovingkindness for thousands, who forgives iniquity, transgression and sin; yet He will by no means leave the guilty unpunished, visiting the iniquity of fathers on the children and on the grandchildren to the third and fourth generations."

7. His anger with His children does not last

Psalms 30:4-5: ⁴ Sing praise to Yahweh, you His godly ones, and give thanks to His holy name. ⁵ For His anger is but for a moment, His favor is for a lifetime; Weeping may last for the night, but a shout of joy comes in the morning.

IV. Consequences (when sinful or resulting in sin)

Proverbs 22:24-25: ²⁴ Do not associate with a man given to anger; or go with a hot-tempered man, ²⁵ or you will learn his ways and find a snare for yourself.

- A. Destroys relationships
- B. Unforgiveness hurts
 1. High blood pressure
 2. Depression
 3. Compromised immune system
 4. Chronic pain
 5. Heart disease
- C. Words can't be retracted
- D. Actions never really undone
- E. May produce reaction

V. Responding

- A. Stop
 1. Pray
 2. Why angry
 3. Is it justified
 4. Consider response

B. Forgive

1. Necessary Matt 18:21-35

Eph. 4:31-32: ³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

2. is a process

3. Allows for mercy

Matthew 5:7 "Blessed are the merciful, for they shall receive mercy.

C. Act

1. Thinking, praying, forgiving prepares you

2. Sometimes drastic action is appropriate; see Jesus at temple

D. You can choose

1. Allow sin

a. Cain and Abel Gen. 4:1-7

Genesis 4:7: "If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it."

1) Cain's anger unjustified

2) Cain makes the wrong choice

3) Cain suffers consequences, yet God shows mercy

b. Moses kills the Egyptian

1) Should be angry

2) Didn't choose well

3) God showed mercy

c. Saul and David 1 Sam 18 on

1) Saul's jealousy consumes him

2) Spends life trying to kill David

3) Nearly kills son Jonathan in rage when he defends David (1 Sam 20)

d. Proverbs 29:22: An angry man stirs up strife, and a hot-tempered man abounds in transgression.

e. Proverbs 19:19 A man of great anger will bear the penalty, for if you rescue him, you will only have to do it again.

2. Let go

Ec. 7:9: Do not be eager in your heart to be angry, for anger resides in the bosom of fools.

Psalm 37:7-8 ⁷ Rest in the LORD and wait patiently for Him; do not fret because of him who prospers in his way, because of the man who carries out wicked schemes.

⁸ Cease from anger and forsake wrath; do not fret; it leads only to evildoing.

Proverbs 15:18 A hot-tempered man stirs up strife, but the slow to anger calms a dispute.

Proverbs 16:32 He who is slow to anger is better than the mighty, and he who rules his spirit, than he who captures a city.

Proverbs 19:11 A man's discretion makes him slow to anger, and it is his glory to overlook a transgression.

Col. 3:8 But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth.

VI. Summary

- A. Anger not sin
- B. Sin can be the source of anger
- C. Anger can be appropriate
- D. When feeling anger
 - 1. Pray
 - 2. Is it justified
 - 3. Consider your reaction
 - 4. Forgive
 - 5. Act if appropriate