

HOW TO HANDLE ANGER

EPHESIANS 4:26-31

I. Introduction

- A. Words to describe anger
 1. Irritated, Aggravated, Moody, Irritable, Spiteful, Grumpy, Livid, Rage, Fury
 2. Ephesians 4:31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:
- B. Anger is the opposite of kindness

II. We see an Anger that is GOOD in the Christian

- A. Condoned by God – Be ye angry, and sin not
 1. Those who are not angry toward sin, it's source and results are insensitive are apathetic toward the cause of Christ
 2. Jesus was angry with the moneychangers – Matthew 21:12-13
 - a) His anger had the proper Motivation
 - b) His anger had the proper Focus
 - c) His anger had the proper Control
 - d) His anger had the proper Duration
- B. Commanded by God
 1. 'Be ye angry' is in the Imperative mood

III. We see an Anger that is GREIVIOUS to the Christian

- A. A bad temper is sin
 1. Someone described anger as 'temporary insanity'
 2. Anger is the first step toward murder
 3. Proverbs 27:4 Wrath is cruel, and anger is outrageous; but who is able to stand before envy?
 - a) Outrageous – out of control
 4. Proverbs 25:28 He that hath no rule over his own spirit is like a city that is broken down, and without walls.
 5. Proverbs 22:24 Make no friendship with an angry man; and with a furious man thou shalt not go: 25 Lest thou learn his ways, and get a snare to thy soul.
- B. The Degrees of Anger
 1. Bitterness – the seed is sowed
 2. Wrath – to burn – hot under the collar
 3. Anger – to show it on the outside
 4. Clamour – loud quarreling
 5. Wrath – physical violence
- C. The Danger of Anger
 1. Ephesians 4:27 Neither give place to the devil.
 2. Charles Spurgeon said, "I have no more right as a Christian to allow a bad temper dwell in me than I have to allow the Devil himself to dwell in me."

IV. We see an Anger that is GOVERNED by the Christian

- A. Thomas Jefferson in his "Rules For Living," had a maxim for handling anger: "When angry, count ten before you speak; if very angry, count to a hundred."
- B. Confess your anger
- C. Control your anger
 1. Proverbs 16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.
 2. Proverbs 14:17 He that is soon angry dealeth foolishly: and a man of wicked devices is hated.
 3. Proverbs 19:11 The discretion of a man deferreth his anger; and it is his glory to pass over a transgression.
 4. You say, "I can't control my temper." Yes, you can. Let me show you. You and your wife are fighting like cats and dogs. You both are screaming to the top of your voice at each other acting like you are going to kill each other. Then the phone rings. You answer the phone and in a soft and pleasant voice say, "Hello."
 5. Get filled with the Holy Spirit and you will have no trouble with anger
 - a) Galatians 5:22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, 23 Meekness, temperance: against such there is no law.