

EXCESS BAGGAGE

Putting Away Your Anger, Ephesians 4:25-32

Anger Defined

- Anger a strong feeling of displeasure, upset, or annoyed by a real or perceived wrong
- Anger is an emotion and in and of itself anger is not a sin
- From God's point view there's only two types of anger, *justified* or *unjustified*

Types of Anger

Unjustified Anger

- Unjustified anger is anger that has no biblical basis
- It is anger that is rooted in our flesh, our pride and selfishness
- It is anger from something done our said to us that affects how we look, feel, or how we are viewed by others
- Unjustified anger is all about how something affects "me", not others
- Unjustified anger will not forget

Justified Anger

- The right type of anger is justified anger
- Anger is justified when we are angry at those who sin and do wrong and who are unjust and selfish in their behavior.
- Justified anger is *always* disciplined and controlled; it is always limited to those who do wrong either against God or against others
- The distinguishing mark between justified and unjustified anger is that a justified anger is never selfish
- The believer knows that he/she is angry for a legitimate reason, and he seeks to correct the situation in the most peaceful way possible

Anger Doesn't Just Go Away

- Anger that is not resolved does not get better
- Anger that is not resolved today may become worse tomorrow
- Unjustified anger grows into more dangerous forms of anger:
 - *Resentment* is *internalized* anger
 - *Bitterness* is resentment that has grown into animosity
 - *Hostility* is open expressions of our anger
 - *Grudges* are when we desire to get revenge against the person we feel made us angry
 - *Strife* is open, bitter conflict between people, families, church members, etc.
- Psychologists have identified five levels of anger:
 1. **Mild irritation** - Unpleasant experience
 2. **Indignation** - More intense, it's a reaction to something we think is unfair
 3. **Wrath** – Unrestrained anger, you don't hold back, you are thinking revenge, fighting
 4. **Fury** – The level of anger that produces violence
 5. **Rage** – The most intense and dangerous level of anger

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- Unjustified anger is bad, but it only gets worse over time

How to Put Away Your Anger

Be Angry and Sin Not ²⁶ **“Be ye angry, and sin not: ...”**

- Anger in and of itself is not sin
- Our anger must be justifiable anger; angry about an injustice done against someone of against God
- The key for you as a Christian is not to allow your anger to crossover into sinful words, thoughts, motives, and behaviors

Resolve Your Issues Quickly ²⁶: **“... let not the sun go down upon your wrath:**

- We must work to resolve the issues that make us angry before they cause us to think, say, or do things than are sinful
- Any issues that are not resolved only make you more angry
- Your anger slowly builds and builds
- Eventually your anger inside will become so great that you will explode, but it will it we be way beyond considered a normal response
- The devil will fill your mind with “reasons” why you should still be angry, and even ways for you to get even
- When we harbor anger in our heart, we do the devil’s work for him
- Don’t rest until you’ve resolved the issues that have made you angry

Don’t Give the devil an Opportunity

²⁷ **Neither give place to the devil.**

- The devil is looking a “place”, an “entry point” where he can enter and fill our minds and emotions
- The word “devil” in this context is the word “diabolos”, where we derive the English word *diabolical*
- It is the combination of two words; *dia* and *balos*
- When the words are put together it paints a picture of the devil constantly *throwing accusations*, ill will, evil thoughts at our minds again and again *until it penetrates our minds*
- If we give the devil the opportunity, he will exploit our anger and use it for his own ends
- We can’t give the devil even the smallest opportunity to sow seeds or discord and anger in our hearts
- We must shut down every entry point, especially in our minds

Watch Your Words! ²⁹ **Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.**

- Words have the power to give and destroy life **Proverbs 18:21 (KJV) 21 Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.**
- Therefore, we must watch the words that we say
- The text says, “Let no corrupt communication proceed out of your mouth...”,
- *Corrupt communication* is foul, putrid, filthy, stinking, vulgar, and unholy communication

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- It is easier to tear down than it is to build up
- Even when we are angry, our language should not change, our love for others should not change, our behavior should not change
- Instead of saying words that tear others down, say things that build them up
- Our words minister blessings, instead of cursing
- Our words should *help*, not *hurt*

Listen before you speak James 1:19-20 (NIV) My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, [20] for man's anger does not bring about the righteous life that God desires.

- Many outbursts of anger are a result of not listening or not completely listening
- We must be quick to hear and accurately process what we heard
- We must be slow to speak, take our time and measure your words carefully, because once they are released, they can't be retrieved, erased or deleted
- We must be slow to anger; not allow innocent things to be causes for you to get upset

Be Led by the Holy Spirit and Not Your Emotions Romans 8:14 (KJV) For as many as are led by the Spirit of God, they are the sons of God.

- The Holy Ghost will lead you victoriously through situations and trials that make you angry
- The Holy Ghost will tell you what *to do* and *not to do*
- The Holy Ghost is your *governor*
- Always seek to correct the situation in the most peaceful way possible **“If it be possible, as much as lieth in you, live peaceably with all men” (Romans 12:18).**

Put Away All Other Sinful Expressions of Your Anger

³¹ Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:

To put away anger, we must also put away all its expressions

Bitterness	Clamour
Wrath	Evil speaking
Anger	Malice

Change Your Attitude and Behavior ³² And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

- You can change an environment that is tense and filled with anger by *changing yourself*
- You make the first move by being kind, tenderhearted, and forgiving
- Your acts of kindness may cause others to see their wrongs and correct them **Romans 12:20-21 (KJV) ²⁰ Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head. ²¹ Be not overcome of evil, but overcome evil with good.**

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- Remind yourself how much and how often God has forgiven you; and then do the same for those who may have hurt you
- Sometimes God is allowing people to anger you so you can grow in this area **Genesis 45:8 (KJV) 8 So now it was not you that sent me hither, but God: and he hath made me a father to Pharaoh, and lord of all his house, and a ruler throughout all the land of Egypt.**
- Although Joseph's brothers had wanted to get rid of him, God used even their evil actions to fulfill his ultimate plan.
- God is sovereign and His plans are not dictated by human actions
- Joseph said to his brothers, **Genesis 50:20 (KJV) 20 But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive.**
- Allow God to take life's upsetting moments to bring His blessings for you and others