

Remnant Life Church
May 25, 2014
Ephesians 4:26

“Anger Does Not Own Me – Part 1”

- We continue this morning to look at how to live with our emotions in a Godly way- (Last week anxiety – “What, Me Worry?”)
 - God created the emotions we experience
 - Emotions are neither good or bad
 - Emotions are not right or wrong; (although you might experience an inappropriate emotion relative to what is going on around you)
 - It is what we do within that emotion that is our focus and what God cares about.
- This morning we look at anger and what the Bible says regarding how we deal with it in a Godly way.
 - The Bible speaks of it often
 - Nearly 400 references to anger or being angry
 - Many examples from God’s anger at the nation of Israel as they turned from Him time and again to the anger of the Prodigal Son’s brother in [Luke 15](#) to Samson’s unbridled rage in the book of [Judges](#) and the anger that even Jesus showed at the money changers in the temple in [Matt. 21](#)
 - [Eph 4:26-27](#) - *In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold.*
- The two positions of anger:
 - There is overt anger that are the outbursts and fits of rage
 - There is silent, seething anger that most often shows itself in some form of manipulation
 - Both are destructive to relationships, the church body and, ultimately the individual
- A woman by the name of Diane Fittipaldi told a Municipal Court Judge that she had launched the attack as part of a long-standing feud with her husband about housekeeping. "Oliver is a horrible neat freak," Fittipaldi said, "and he drives me nuts about keeping everything tidy."
After the couple had yet argued again about the proper alignment of table place settings, Fittipaldi rented a 3,000-pound, pneumatic tire forklift and drove it through the front wall of their one-story frame house. According to neighbors who witnessed the incident, she used the machine to repeatedly smash their dining room table.
"Oliver yelled at me about where his fork was supposed to go on the table," she calmly stated afterwards, "and I just figured I'd take care of it."
Neighbors said Fittipaldi seemed "wild-eyed" and distraught during the attack and kept screaming "HERE'S YOUR FORK!" at her husband, who had taken refuge in the kitchen.

That's a true story. The obvious moral of that story is never marry a woman who knows how to operate heavy machinery.

- I want to examine briefly 4 types of anger that we see addressed in the Bible and what we are to do with them. We will look at the first two today and the other two next week:

1. Sudden anger

- a. These are outbursts that come quickly and explosively; sometimes over major occurrences and sometimes over the least, little things.
- b. **Proverbs 14:7** – *A quick-tempered man does foolish things.*
 - i. We have all experienced this; fly off the handle; blow my stack; lose it; come unglued
 - ii. We will say things we did not mean and do things that we would not ordinarily do
 - iii. These things are never said or done out of love and they always bring guilt and regret with them as byproducts
- c. We cannot justify these things by trying to explain them away
 - i. I am Irish or Italian or Hispanic; hot-blooded
 - ii. It is not our personality
 - iii. It is not our heritage
- d. **Proverbs 15:18** – *A hot-tempered man stirs up dissension.*
 - i. Wherever you go you will take your short fuse with you
 - ii. The slightest provocation can set you off with virtually no regard for where you are, who you are with or even what the issue is.
 - iii. Will Rogers – “Whenever you fly into a rage, you seldom make a safe landing.”
 1. That is not only for you but those around you
 2. How many marriages, friendships, jobs and church relationships are destroyed by uncontrolled outbursts of anger?
- e. **Proverbs 19:19** – *A hot-tempered man must pay the penalty.*
 - i. Physical effects on the body
 - ii. Relationships – home or on the job
 - iii. Peace
- f. Since the response of so many is “I just couldn't help it”
 - i. Is sudden anger uncontrollable? NO...it is a choice.
 - ii. Ever been in the midst of an escalating argument with someone and then the phone rings?
 - iii. You will answer “Hello” nice and calm when a second ago you were screaming red-faced.
- g. Sudden anger, according to the Bible, must be controlled
 - i. It can be

- ii. If you choose to

2. Sinful Anger

- a. **Matthew 5:21-22a** - *You have heard that it was said to the people long ago, 'You shall not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with a brother or sister will be subject to judgment.*
 - i. The KJV says *angry without a cause*
 - b. As brothers and sisters in the Lord we are told to love, support, and care for one another
 - i. **Matthew 22:37-40** - *Jesus replied: " 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."*
 - c. If we have no legitimate reason to be angry than our actions are sinful and unjustified
 - d. If there is reason than the focus on the anger needs to be on the action and not the person – Jesus hated the sin of a person's life but loved the person
 - e. Becomes sin when we seek revenge instead of forgiveness
- How do we deal with the anger?
 - i. By immediately turning the situation over to God
 - ii. By remembering what He has forgiven us of
 - iii. By recognizing that an anger that seeks retribution or revenge will hurt me much more than it will that person
 - iv. **Rom 12:9** – Paul writes that God will take the actions necessary to bring judgment on another person