

Series: *Alive*  
**KILLING ANGER**  
**Ephesians 4:26-32; 1 Peter 2:21-23**  
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**Series Reset:**

\***Killing Sin:** 1 Corinthians 15:1-2; Romans 8:11, 13.

\***Seven Deadly Sins**—today, ANGER.

## I. Defining Anger

*Be angry, but do not sin.*

**Ephesians 4:26-27**

*Anger: A feeling of displeasure that shows itself in a desire to fight back at perceived injustice.*

### 1) **Righteous Anger:** Showing God-like anger at legitimate causes.

*(Jesus) looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.* **Mark 3:4-5**

*The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness.* **Exodus 34:6**

*Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.* **James 1:19b-20**

### 2) **Unrighteous Anger:** Dangerous and Destructive

#### **The Danger of Holding on to Anger.**

*Do not let the sun go down on your anger, and give no opportunity to the devil.* **Ephesians 4:26-27**

#### **The Danger of a Quick Temper.**

*A quick-tempered man does foolish things.* **Proverbs 14:17**

## II. Defeating Anger

### **Disarming our Anger at Others.**

*Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.* **Ephesians 4:32**

### **Disarming our Anger at our Circumstances.**

*A quick-tempered man does foolish things.* **Proverbs 14:17**

*When He was reviled, He did not revile in return; when He suffered, He did not threaten, but continued entrusting Himself to Him who judges justly.* **1 Peter 2:23**

*You meant evil against me, but God meant it for good.* **Genesis 50:20**

When we sin, we believe lies about God that are not true. To defeat anger, we have to expose these lies, and embrace what is true.

### **Exposing the lies of anger**

### **Embracing the truth of the Gospel**

## **For Further Study**

1. Take some time this week and study these key passages on anger. What truths emerge? What truths can you claim to help you in your fight against anger? **James 1:19-21, Proverbs 15:1,18; Matthew 5:22-23; Proverbs 14:17, 29-30; Proverbs 29:11, 20, 22; Proverbs 16:32.** Look also at times Jesus got angry: **John 2:12-20; Mark 3:1-6**
2. **PATIENCE** is the opposite reaction to unrighteous anger... the Biblical word most commonly used for patience literally means "a long time before one gets angry"... or having a long fuse! God describes Himself as "slow to get angry". Read these verses about God's patience with us, and the others about the quality of patience that God produces in us as we are empowered by His Spirit:
  - God's patience with us: **Exodus 34:6-7; Romans 2:4; 2 Peter 3:9**
  - Supreme demonstration of God's patience: **Matthew 18:21-35**
  - God producing/encouraging patience in us: **Galatians 5:22-23; 1 Thessalonians 5:14**
3. **Ephesians 4:25-32** is a great passage to explore in our study on anger. Notice what it teaches about anger in v. 26, and the practical advice contained in verses 27-32 that can help you use anger wisely in your life.
4. Anger often erupts out of a heart that feels threatened, unprotected, insecure, or wounded. These feelings directly contradict the truths of God's care and protection in our lives. Meditate on these passages—remind yourself who God is and of His care for you: **Psalms 46; Romans 8:28-39; John 14:1-6; Matthew 6:25-34.** The life of Joseph in **Genesis 37, 39-50** is also a powerful picture of a man who trusted in God through horrific mistreatment by his brothers and was able to forgive his brothers (**Genesis 50:20**). Jesus also provides a powerful example for us to follow in how He endured the cross and was able to forgive those who crucified Him (**1 Peter 2:21-23**).

**John Piper:** *The rise and strength of our anger should be governed by our trust in God's providence—that He is ruling over the evil that makes us angry and will not let anything befall us that is not ultimately good for us. Nothing will befall you apart from His wise and loving providence over your circumstances. Don't fear—and by implication, don't be angry in a way that contradicts your confidence in God's care over your life.*

### **To Discuss: With families, friends, community groups**

1. Where do you confront anger in your life? What situations evoke angry responses from you?
2. Who would benefit most if God were to empower you to confront anger in your life?
3. How does the Gospel help us confront unrighteous anger in our lives?
4. What situations in your life may have caused you to doubt God's provision or care for you? How does the gospel inform your doubt?