

# BIBLICAL ANSWERS FOR ANGER! Eph. 4:26-27

## The 2 questions:

1. What does Eph. 4:26a mean?

2. How does one control one's anger?

Ephesians 4:26 Be ye angry, and sin not ( $\mu\eta$ ): let not ( $\mu\eta$ ) the sun go down upon your wrath: Ephesians 4:27 Neither ( $\mu\eta\delta\epsilon$ ) give place to the devil.

## Facts about Eph. 4:26-27

- There are **commands / imperatives**
- **1 positive** command – what to do!
- **3 negative** commands – what not to do!

Therefore:

- There are **3 kinds** of angry people
- And **1 kind** of individual who have anger under control!

## I. Use your anger!

Ephesians 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:

This passage is...shocking!

- It is a **command!**
- A command to be **angry!**
- But anger is bad, evil, wrong, sinful...isn't it?

Mark 3:5 And when he had looked round about on them **with anger**, being grieved for the hardness of their hearts, he saith unto the man, Stretch forth thine hand. And he stretched *it* out: and his hand was restored whole as the other.

Deuteronomy 1:37 Also the LORD was **angry** with me for your sakes, saying, Thou also shalt not go in thither.

Deuteronomy 4:21 Furthermore the LORD was **angry with me** for your sakes, and sware that I should not go over Jordan, and that I should not go in unto that good land, which the LORD thy God giveth thee *for* an inheritance:

Deuteronomy 9:8 Also in Horeb ye provoked the LORD to wrath, **so that the LORD was angry with you to have destroyed you.**

Deuteronomy 9:20 And the LORD was very **angry with Aaron** to have destroyed him: and I prayed for Aaron also the same time.

1 Kings 11:9 And the LORD was **angry with Solomon**, because his heart was turned from the LORD God of Israel, which had appeared unto him twice,

John 2:13 And the Jews' passover was at hand, and Jesus went up to Jerusalem. John 2:14 And found in the temple those that sold oxen and sheep and doves, and the changers of money sitting: John 2:15 And when he had made a scourge of small cords, he drove them all out of the temple, and the sheep, and the oxen; and poured out the changers' money, and overthrew the tables; John 2:16 And said unto them that sold doves, Take these things hence; make not my Father's house an house of merchandise. John 2:17 And his disciples remembered that it was written, **The zeal of thine house hath eaten me up.**

Revelation 6:9 And when he had opened the fifth seal, I saw under the altar the souls of them that were slain for the word of God, and for the testimony which they held: Revelation 6:10 And they cried with a loud voice, saying, How long, O Lord, holy and true, dost thou not judge and avenge our blood on them that dwell on the earth?

Revelation 6:16 And said to the mountains and rocks, Fall on us, and hide us from the face of him that sitteth on the throne, and from the wrath of the Lamb: Revelation 6:17 For the great day of his wrath is come; and who shall be able to stand?

Then it began to click:

- This wasn't anger **blowing up** but anger **focusing in!!!**
- Not **out of control** but **under control!**
- Not anger using you but you **using anger!**
- As **fuel** for action!

I found this idea discussed in 2 outside sources:

1. Sports:

2. Leaders / leadership:

This gives us fuel:

➤ To study for a <b>test</b>	➤ To become a better <b>parent</b>	➤ To learn why I <b>can't</b> & <b>how to change</b>
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➤ To get <b>moving</b>	➤ To work <b>hard</b>	➤ To finish the <b>job</b>
➤ To read books on...	➤ To change a <b>habit</b>	➤ To get a <b>degree</b>
➤ To make a <b>change</b>		

## II. Don't abuse your anger / let it abuse you!

Ephesians 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:

### Sin is a real possibility!

Proverbs 14:17 *He that is soon angry dealeth foolishly*: and a man of wicked devices is hated.

Proverbs 22:24 Make no friendship with an angry man; and with a furious man thou shalt not go: Proverbs 22:25 Lest thou learn his ways, and get a snare to thy soul.

Proverbs 29:22 An angry man **stirreth up** strife, and a furious man **aboundeth** in transgression.

Ecclesiastes 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

Titus 1:7 For a bishop must be blameless, as the steward of God; not selfwilled, not soon angry, not given to wine, no striker, not given to filthy lucre;

### Abusing anger / letting anger abuse you:

- Explosive
- Directed **out there**
- **Happens / comes on us / can't help it**
- **Bad language follows**
- **Name calling** also follows
- **Slamming doors, throwing things – nothing constructive but only destructive!**

## III. Don't reuse your anger!

Ephesians 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:

He is an angry man!

She is an angry woman (bitterness is anger reused)!

Ephesians 4:31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:

Hebrews 12:15 **Looking diligently lest** any man fail of the grace of God; **lest** any root of bitterness springing up trouble *you*, and thereby many be defiled;

Romans 3:10-18 ...Whose mouth *is* full of cursing and bitterness....

Anger ----→ bitterness!

Bitterness = anger reused again and again and again....rumination!

Anger not of the day but of the night and most every night!!!

Rooting around in life, attempting to recall any and all things:

- That justifying self (& where self is)
- That demonizes someone else
- Always fixing the **blame** but never **fixing** the problem
- Thoughts of hate, blame, evil, spite, ill will....
- Negative thoughts / thinking but no solutions / resolution
- Same stories over and over – even if / when the stories are proven wrong!
- The story is useful, self-justifying, and others-condemning!

## IV. Don't let Satan misuse your anger!

Ephesians 4:27 Neither give place to the devil.

1 Chronicles 21:1 And Satan stood up against Israel, and provoked David to number Israel.

1 Peter 5:8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

Of the 3 wrong uses of anger, this is the **worst!** It is also the logical (illogical?) outcome for the other 2 wrong uses!