

# Anger

Keith Dixon  
January 13, 2019  
Gray

## Introduction

1. Ephesians 4:26-27
2. Anger is an emotion that is given to us by God.
  - a. God was angry Exodus 4:14; Numbers 12:9
  - b. Jesus was angry Mark 3:1-5
    - i. Remember He is our example 1 Peter 2:21
    - ii. Remember He without sin Hebrews 4:15
3. Since it is not wrong to be angry (see text) it is how we handle anger that is our biggest problem
4. Let us see how we handle anger and how we are to handle our anger

## II Discussion

1. What anger will cause us to do
  - a. It can cause us to sin with our mouth James 1:26; 3:2-10
  - b. It can be cruel Proverbs 27:4
  - c. It can cause us to lie Proverbs 10:18; 11:1; 12:22
  - d. It can cause strife Proverbs 10:12; 29:22; 30:33
  - e. It can cause quarreling Proverbs 19:13; 21:19; 2 Timothy 2:14, 23-24; Titus 3:9-11
  - f. It can cause us to suffer punishment Proverbs 18:19
  - g. It can cause us to quit
  - h. It can cause us to not go into the fellowship of the saints Luke 15:28
  - i. It can cause us to kill Genesis 4:5-7
  - j. It could cause us to miss a blessing 2 Kings 5:11
  - k. It can cause us to be vengeful Daniel 3:19
  - l. It can be infectious Proverbs 22:24-25
2. What is the right way to handle anger?
  - a. “New Man” or “Replacement Method” some might call it “Behavior Modification.”
  - b. This is taught in the Bible 2 Corinthians 5:17; Romans 6:1-6
  - c. Paul taught this in Ephesians 4:22ff
    - i. Put off the old and be renewed
    - ii. Put away lying, speak the truth
    - iii. Do not steal but work
    - iv. Do not speak evil but speak good
    - v. Do not be bitter but be kind
    - vi. Quit doing the bad and replacing it with the good

## III Conclusion

1. Anger can be and must be managed
2. We must live a disciplined life, this can be hard for us for we like to be “free and easy.”
3. This control is something that we must learn and have in Christ
4. Are you in Christ?

Source: Life’s daily Struggles 2005 ETSOPM p. 164ff