

Ephesians 4:26-27 (HCSB)

Be angry and do not sin. Don't let the sun go down on your anger, 27 and don't give the Devil an opportunity

"Righteous Emotion"

Be angry and do not sin.

Two imperatives: 1) be angry 2) and do not sin.

There is a right way to get angry AP!

1. right direction - over evil/sin

1. Psalm 119:53 "Hot indignation seizes me because of the wicked, who forsake your law" (ESV)

2. self-controlled¹

There is a wrong way to get angry: when you can't control anger, but...

When anger controls you

Sin: missing the mark²

1. wrong motives (pride, envy, spite)

2. taking it personal

Psalm 4 - David (and others) were tempted over past wrongs done by Absalom.

Psalm 4:4 (HCSB) -

Know that the Lord has set apart the faithful for Himself; the Lord will hear when I call to Him. Be angry and do not sin; on your bed, reflect in your heart and be still.

i.e. don't take matters into your own hands, for the Lord will vindicate you

Point: **letting anger control you reveals a lack of trust in the Lord who hears.**

Sinful anger = humans trying to act in the place of God
that's why there's tension regarding anger...

James 1:19-20 (HCSB)

My dearly loved brothers, understand this: Everyone must be quick to hear, slow to speak, and slow to anger, for man's anger does not accomplish God's righteousness.

i.e. resolve things quickly!

When anger overstays its welcome

Don't let the sun go down on your anger,

• it may have started good, but it will fester...

• unforgiveness

The "gateway drug"³

When anger brings unwanted guests AP!

resentment
bitterness⁴

¹ contra. 1 Peter 1:6,10; contra Gal. 2:20

² Harold W. Hoehner. *Ephesians: An Exegetical Commentary*. (Grand Rapids, MI: BakerAcademic, 2002) 616

³ I am indebted to Jerry Bridges book *Respectable Sins* (Colorado Springs, CO: NavPress, 1997). 130-133 for this term and the subsequent list.

⁴ see Heb. 12:15

grudge
strife

This is the raw power of anger when it's left undealt with. Irony: we think anger makes us feel good!

Fredrick Buechner

Of the seven deadly sins, anger is possibly the most fun. To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontation still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back; in many ways it is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you.⁵

Once you have opened yourself up to anger's control, you open yourself to destructive

The Trojan horse effect⁶

Proverbs 25:28 (ESV)

A man without self-control is like a city broken into and left without walls.

Satan lets you do the initial work (habitual anger), then finishes the job.

and don't give the Devil an opportunity.⁷

τόπος = uninhabited place⁸ **AP!**

Luke 11:24 (HCSB)

When an unclean spirit comes out of a man, it roams through waterless places (topos) looking for rest, and not finding rest, it then says, 'I'll go back to my house where I came from.'

this comes from habitual sin, not a sin.

Nahum 1:6 (HCSB)

Who can withstand His indignation? Who can endure His burning anger? His wrath is poured out like fire.

Ephesians 2:3-5

We too all previously lived among them in our fleshly desires, carrying out the inclinations of our flesh and thoughts, and we were by nature children under wrath as the others were also. But God, who is rich in mercy, because of His great love that He had for us, made us alive with the Messiah even though we were dead in trespasses. You are saved by grace!

Gospel: God's wrath poured out on Jesus so that He can forgive us.

Ephesians 2:14 (NIV)

For he himself is our peace, who has made the two one and has destroyed the barrier, the dividing wall of hostility

How do you experience this peace? (thinking about doctrine=true things about Jesus)

⁵ Fredrick Buechner. *Wishful Thinking: A Theological ABC*. Quoted from R. Kent Hughes. *Ephesians: The Mystery of the Body of Christ* (Wheaton, IL: Crossway, 1990). 151

⁶ The Aeneid of Virgil.

⁷ cf. 2 Cor. 2:10-1; 1 Pet. 5:8-9

⁸ Clinton E. Arnold notes that τόπος is "an expression that was commonly used for inhabited space." *3 Crucial Questions about Spiritual Warfare*. (Grand Rapids, MI: BakerAcademic, 1997). 88. (I highly recommend this book on the topic).

Philippians 4:8-9 (HCSB)⁹

Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is any praise—dwell on these things. Do what you have learned and received and heard and seen in me, and the God of peace will be with you.

The person who drinks deeply of the Gospel...is not derailed by others, and is not out of control.

Theme: anger

Point: don't lose control

FCF: anger

App: mediate on doctrine

⁹ H.A. Ironside writes, "Thinking of 'these things' in an abstract way, many have missed the point Paul was making. The apostle was not just urging us to fill our minds with beautiful sentiments...we have an example before us in our Lord Christ Jesus (the perfect man) in whom all these qualities are found." *Philippians*. (Loizeaux Brothers, 1997). 73