**BIBLE - ANGER**

***EPHESIANS 4:31-32 – TEXT***

**INTRODUCTION** – Anger is part of our emotional make-up. It is a natural impulse, which allows us to voice and express our disapproval over something that has been said or done! It is a God given avenue that allows us to release our agitated minds.

Definition – **ANGER** – ***The emotion of instant displeasure and indignation arising from the feeling of injury done or intended, or from the discovery of offense against law.***

Anger is not sinful per se, if anger were sinful in and of itself, then how could God be angry. God was angry many times in the OT so anger is not always connected with unrighteousness.

**MARK 3:5** – Jesus was angry with the Pharisees because the hardness of their hearts grieved him.

**JOHN 2:13-17** – During the cleansing of the temple Jesus was angry at how the people had defiled the house of prayer. If we are to be like Jesus we must develop the right type of anger while eliminating the kind of anger that leads us to sin.

***THREE CHARACTERISTICS OF ANGER:***

1. **THE CAUSE OF ANGER MUST BE RIGHT** –
	1. We are not to become angry because of envy –
		1. **GEN. 4:4-6** – Example of Cain
		2. **1 JN. 3:11-12** – Why did Cain murder Able?
		3. **1 SAM. 18:5-8** – Saul became angry because of envy.
	2. We are not to become angry when rebuked for sin –
		1. **2 CHRON. 26:16-19** – King Uzziah became angry when the priests confronted him with his sin. Sometimes we try to justify our anger, but our anger is not justified if we are in sin.
		2. **2 SAM**. **12:5-7, 13** – David when confronted with sin did not get angry. Even though he was king he did not have the right to be angry with Nathan.
	3. We are not to become angry for the purpose of revenge –
		1. **1 PET. 2:21-23** - Jesus did not seek to take revenge.
		2. **JN. 18:19-23** – After his arrest Jesus did not take revenge but he was not silent.
	4. We are not to become angry for trivial reasons –
		1. **PROV. 19:11** – Bad service at a restaurant or someone not speaking to you. We must remember we always leave an impression with others whether it is good or bad.
		2. **ECCL**. **7:9** – To be easily angered is foolish behavior.
	5. Righteous anger is motivated by love for the truth and others –
		1. **EX. 32:1-14** – Moses comes down from the mountain to find the children of Israel worshipping the golden calf. God’s anger at his people is justified, but Moses intervenes for Israel.
		2. **NUM. 25:1-11** – Example of Phinehas.
		3. **1 SAM. 20:30-34** – Saul’s selfish anger was strongly contrasted with the righteous anger of Jonathan.
2. **THE EXPRESSION OF ANGER MUST BE RIGHT** –
	1. **GEN. 49:5-7** – Simeon and Levi certainly had the right to be angry (their sister Dinah had been defiled) but they expressed it the wrong way because they did not exercise self control. Even in cases where anger is justified we must retain self control and not allow our anger to turn to rage.
	2. **PSA. 77:7-9** – Does God in his anger cut us off from his mercy?
	3. **PSA. 78:38-39** – The answer is no!!! God is full of compassion. So what stops us from going to far in regard to expressing our anger? The answer is we too have to extend mercy to others. We need to remember we have been in the same boat.
3. **THE DURATION OF ANGER MUST BE RIGHT** –
	1. **EPH. 4:26** – Do not let the sun go down on your anger. Being angry is serious because it can destroy people and relationships so we must maintain the proper attitude toward anger.
	2. We need to learn from God because his anger is just for a moment.
		1. **PSA. 30:5** – God gets over being angry quickly. We must do the same. Do not brood and stew over things that have taken place let them go!!!
		2. **PSA. 103:8-9** – God does not stay mad at his children forever just as we cannot stay mad very long with our children.
		3. **ISA. 54:7-8** – After all the wrong things God’s people had in regard to his commands he still was only angry for a moment.

**CONCLUSION** – We can understand what God’s word teaches us about anger. The challenge is to exercise self control in regard to anger.