

Sermon Title: The Battle of Anger

Sermon Text: Colossians 3:8-10/Ephesians 4:25-31

Sermon Purpose: To call the hearer to understand the sinfulness of unbiblical anger.

Sermon Proposition: There are 5 biblical precepts of anger.

Introduction: “Anger is an Erroneous Zone, a kind of psychological influenza that incapacitates you just as a physical disease would. Anger is a choice, as well as a habit. It is a learned reaction to frustration, in which you behave in ways that you would rather not. In fact, severe anger is a form of insanity.” [Wayne W. Dyer, *Your Erroneous Zones*, Swindoll’s Ultimate Book of Illustrations & Quotes, Charles R. Swindoll, Thomas Nelson, Nashville, 1998, p. 33]

I. The definition of anger.

(**Proverbs 22:24-25; Ecclesiastes 7:9; Matthew 5:22; Romans 12:19**)

Wrath - of God – Vengeance. Divine retribution as quoted from (**Deuteronomy 32:35**). The manner and timing of the repayment of man’s wickedness is God’s prerogative. This principle is reaffirmed in the New Testament (**Romans 12:19; Hebrews 10:30**). Violent temperaments (attitudes) are condemned just as surely as violent actions or activities.

(**Matthew 5:22**) Raca literally means “Empty-headed!” Jesus infers that the verbal abuse stems from the same sinful motives (anger and hatred), sinful motives is the root, anger and hatred is the fruit. This root that bears fruit, eventually undealt with will lead to murder. The internal attitude is what the law actually prohibits, and therefore an abusive insult carries the same moral guilt as an act of murder.

(**Ephesians 4:26**) “Be angry and do not sin.” Quoted from **Psalm 4:4**. By New Testament standards, angry can be either good or bad, depending on motive and purpose. Paul may have been sanctioning righteous indignation, anger at evil. This type of anger hates injustices, immorality, ungodliness, and every other sin. (**Matthew 21:12; Mark 3:5; John 2:15**)

II. The dealers of anger.

“Anger is a characteristic of fools.”

A. Foolish people are the dealers of anger.

Proverbs 12:15-16 The way of a fool *is* right in his own eyes, But he who heeds counsel *is* wise.
16 A fool's wrath is known at once, But a prudent *man* covers shame.

B. The impatient person is a dealer of anger.

“Patient” is literally “slow at becoming angry”

Proverbs 14:29 *He who is* slow to wrath has great understanding, But *he who is* impulsive exalts folly.

C. Fools are the dealers of anger.

Ecclesiastes 7:9 Do not hasten in your spirit to be angry, For anger rests in the bosom of fools.

III. The décor of anger.

Anger is dressed up or decorated by:

A. Pride – (**Proverbs 21:24**)

B. Cruelty – (**Genesis 49:7; Proverbs 27:4**)

C. Clamor and Evil Speaking – (**Ephesians 4:31**)

- D. Malice and Blasphemy – (**Colossians 3:8**)
- E. Strife and Contention – (**Proverbs 21:19; Proverbs 29:22; Proverbs 30:33**)
- F. Bitterness – reflects a smoldering resentment (**Ephesians 4:31a**)
- G. Wrath – has to do with uncontrolled rage, a moments passion (**Ephesians 4:31b**)
- H. Anger – is a more internal deep hostility (**Ephesians 4:31c**)
- I. Clamor – is the outcry of strife or angry out of control (**Ephesians 4:31d**)
- J. Evil Speaking – slander (**Ephesians 4:31e**)
- K. Malice – evil the root of all vices
- L. Corrupt Communication – (**Ephesians 4:29**)

IV. The danger of anger.

Anger brings its own punishment.

- A. Anger brings death as a punishment.
Job 5:2 For wrath kills a foolish man, And envy slays a simple one.
- B. Anger brings rejection of acts of kindness.
Proverbs 19:19 *A man of great wrath will suffer punishment; For if you rescue him, you will have to do it again.*
- C. Anger brings vulnerability to other types of sins.
Proverbs 25:28 Whoever *has* no rule over his own spirit *Is like* a city broken down, without walls.

V. The defusing of anger.

- A. Realize it is sin. (**Colossians 3:8-9**)
Psalm 37:8 Cease from anger, and forsake wrath; Do not fret-- *it only causes* harm.
Ephesians 4:26 "Be angry, and do not sin": do not let the sun go down on your wrath,
- B. Regeneration by the Spirit is necessary. (**Ephesians 4:20-24**)
Colossians 3:10 and have put on the new *man* who is renewed in knowledge according to the image of Him who created him,
- C. Rely on the freedom of prayer.
1 Timothy 2:8 I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting;
- D. Relish in wisdom.
Proverbs 29:8 Scoffers set a city aflame, But wise *men* turn away wrath.

- E. **Respond** with meekness.
Proverbs 15:1 A soft answer turns away wrath, But a harsh word stirs up anger.
Ecclesiastes 10:4 If the spirit of the ruler rises against you, Do not leave your post; For conciliation pacifies great offenses.
- F. **Refuse** to provoke others.
Ephesians 6:4 And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.
Colossians 3:21 Fathers, do not provoke your children, lest they become discouraged.
- G. **React** with slowness
Proverbs 15:18 A wrathful man stirs up strife, But *he who is* slow to anger allays contention.
Proverbs 16:32 *He who is* slow to anger *is* better than the mighty, And he who rules his spirit than he who takes a city.
Proverbs 19:11 The discretion of a man makes him slow to anger, And his glory *is* to overlook a transgression.
Titus 1:7 For a bishop must be blameless, as a steward of God, not self-willed, not quick-tempered, not given to wine, not violent, not greedy for money,
James 1:19 So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;
- H. **Reject** those given to anger.
Genesis 49:6 Let not my soul enter their council; Let not my honor be united to their assembly; For in their anger they slew a man, And in their self-will they hamstrung an ox.
Proverbs 22:24 Make no friendship with an angry man, And with a furious man do not go,