

“DON’T MAKE ME ANGRY ... YOU WOULDN’T LIKE ME WHEN I’M ANGRY.”

When was the last time you really got angry? Has it been a while? Maybe it was this week – maybe even today. Did someone else make you angry? Did circumstances arouse your wrath? How did you handle it? Did you fly off the handle? Did you throw a temper tantrum? Did you scream? Did you curse? Did you quietly plot revenge? Have you ever overheated with anger and you just held it in ‘till you thought you would burst?

- > I’ve thought a lot about anger lately.
- > This week, the sign at our church reads: “He who angers you, controls you.”
- > This week, an article appeared in the paper. It was entitled “Pain and Profanity,” and it endorsed using profanity when angry or in pain.

There is a sense in our society that anger needs an outlet – that some kind of eruption is healthy.

On the other hand, we also have a sense that as “good Christian people,” we should control ourselves and never let our anger be visible.

-- I’ve always been taught that RIGHTEOUS ANGER is OK – the *only* acceptable anger.

- > Today, I read a commentary that basically made that claim.
- > Define: “righteous anger” – “mad at sinful behavior” (hate the sin, love the sinner)

-- However, most of the anger I experience isn’t a religious or “mad at sin” anger. Instead, it’s those every day

bad things that happen that cause me to lose my cool.

- > ex: my speeding ticket yesterday – caused me to lose my temper ... to feel rage!

How Born-Again Believers Can & Should deal with the things that make us MAD!

- Don’t DENY Your Anger!
Psalm 4:4a – Read

- > David is honest – to hold in anger is unhealthy.

The literal meaning of “be angry” – “TREMBLE,” “BE AGITATED” – it denotes “violent emotion”

So ... if it’s not healthy to curse and lash out ... and it’s not healthy to deny your anger ... what are we to do?

Let it out. Scream. Vent. Be human – but don’t lash out at someone else, hit someone, or curse someone – don’t sin.

- Don't ACT out of Anger ... BE STILL
Psalm 4:4b – Read

> Actions taken when angry (trembling) will often be regrettable ... instead we are instructed to:

- (1) MEDITATE within your heart
-- think before you act; allow Jesus time to penetrate your thinking
- (2) on your BED
-- get away from it all – get to a private place
- (3) BE STILL
-- don't do anything rash!

- Don't allow your anger to REMAIN IN YOUR HEART.
Ephesians 4:26

> Paul, in quoting Psalm 4:4 adds an important element: “Don't let the sun go down on your wrath.”

> What's the point? We can't let anger linger – give it a day and give it up.

-- One person said it this way:

“Being angry may win a moment, but it is not to be allowed to win the day.”

HOW DO I CONTROL MY ANGER? Sorry ... you're not supposed to try.

* Ephesians 4:31 – read. When you read this entire passage (vv. 25-32) what is different about this verse?

Q: Who does the work?

Q: What are we specifically instructed to do?

WHY SHOULD I LET GO OF MY ANGER? WHAT'S THE BENEFIT?

* Jesus doesn't ask us to do things just to make it hard on us ... there is a real benefit!

* Letting Christ put away my anger ...

1- Sets an EXAMPLE OF FAITH

2- Exposes my own WEAKNESS

-- Anger keeps us from growing by deflecting responsibility away from us and onto someone else.

Ex: Getting angry at the police officer for giving you a ticket instead of admitting you were actually speeding.

-- Anger places the blame on a convenient target.

Ex: Getting angry at a referee over a bad call is easier than admitting my team

failed.