How Can You Be Angry & Not Sin?

Intro:

1. What is anger?

a. Anger (ὀργίζομαι) = to have a strong feeling of displeasure & antagonism as a result of some real or supposed wrong.

b. Anger symptoms: red face, swollen neck veins, clenched fists, a stumbling for words, vision blurred as the anger clouds the vision centers of the brain.

c. Dr. Walter Cannon: “respiration deepens; the heart beats more rapidly; the arterial pressure rises; the blood is shifted from the stomach & intestines to the heart, central nervous system & the muscles; the processes of the alimentary canal cease; sugar is freed from the reserves in the liver; the spleen contracts & discharges its contents of concentrated corpuscles & adrenalin is secreted.”

2. Quotes about anger.

a. Prov 30:33 - For as churning the milk produces butter, & as twisting the nose produces blood, so stirring up anger produces strife.

b. Latin Proverb: “He who goes to bed angry has the devil for a bedfellow. Never take your enemies to bed with you!”

c. Will Rogers: “People who fly into a rage always make a bad landing.”

d. Daniel Webster: “Swallowing angry words before you say them is better than having to eat them afterwards.”

Ephesians 4:25-32

 3. So - can you be angry & not sin?

# I. Anger is Normally Wrong

A. What do you do with anger & rage?

1. Gal 5:19-21 lists rage with witchcraft & sexual orgies.

1. Col 3:8 says to rid yourself of anger & rage.

2. Ps 37:8 - Refrain from anger & turn from wrath; do not fret - it leads only to evil.

B. Pray without being angry. I Tim 2:8 - I want men everywhere to lift up holy hands in prayer, without anger or disputing.

# II. Anger isn’t Always Wrong

A. Lord Jesus was angry when He cleansed the Temple.

1. Matt 21:12-13 - Jesus entered the temple area and drove out all who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves. ﻿“It is written,” he said to them, ”‘My house will be called a house of prayer,’ but you are making it a den of robbers.”

2. Jn 2:13-17 - When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. ﻿ In the temple courts he found men selling cattle, sheep and doves, and others sitting at tables exchanging money. ﻿So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. ﻿To those who sold doves he said, “Get these out of here! How dare you turn my Father’s house into a market!” His disciples remembered that it is written: “Zeal for your house will consume me.”

B. The Lord never committed sin (Heb 4:15) but was very angry here. What made the difference?

1. Lord Jesus is God in flesh!

a. Continuing in Jn 2:18-19, when asked for a miraculous sign to confirm His authority to cleanse the Temple, He replied, Destroy this temple & I will raise it in 3 days. The resurrection was proof that Jesus was God!

b. Col 1:15-16 - He is the image of the invisible God, the firstborn over all creation. ﻿For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him.

c. Col 2:9 - ﻿ For in Christ all the fullness of the Deity lives in bodily form . . .

2. As God, the Temple was the Lord’s property - His house! The Jews were making a mockery of it! Matt 21:13 -

a. My house will be called a house of prayer from Is 56:7 is a quote from God!

b. . . . You are making it a den of robbers from Jer 7:11 is a quote from God!

# III. So How Can We Keep from Our Anger Becoming Sin?

A. Overlook an insult or offense.

1. Prov 12:16 - A fool shows his annoyance at once, but a prudent man overlooks an insult.

2. Prov 19:11 - A man’s wisdom gives him patience; it is to his glory to overlook an offense.

B. Don’t be quick to be provoked.

1. Eccl 7:9 - Do not be quickly provoked in your spirit, for anger resides in the lap of fools.

2. Prov 14:17 - A quick-tempered man does foolish things, and a crafty man is hated.

C. Respond to insult with a gentle answer (Prov 15:1).

D. Keep your emotions under control (Prov 29:11).

E. Don’t even associate with hot tempered people (Prov 22:24).

F. v26-27 - Don’t go to bed angry! In your anger do not sin: Do not let the sun go down while you are still angry, ﻿and do not give the devil a foothold.

# Remember - you have the power of the Holy Spirit to do this!

# But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ﻿gentleness and self-control.

# - Gal 5:22-23

[**https://www.biblelifemessages.org**](https://www.biblelifemessages.org/)