



May 1, 2016  
Elevation | 11:00 am  
Pastor Eric Wakeling

## Be Angry Ephesians 4:26-27

### You should be angry. Ephesians 4:26a

*"Be angry..." Ephesians 4:26a*

- There's a positive command here to be angry. Be angry.  
This is a quote from Psalm 4:4 where David is trembling with anger.
- Be careful what you choose to be angry about, even the good things.
- We tend to see our own anger as righteous and other people's anger as sinful.  
James 1:19-20; Proverbs 16:32; 19:11

### Don't sin by letting anger's poison infect you. Ephesians 4:26b

*"...and yet do not sin; do not let the sun go down on your anger." Ephesians 4:26b*

- To not let any anger become sin, a strict time limit is placed upon it. Don't let the sun go down on your anger. Deal with things quickly, keep short accounts, keep no record of wrongs.
- Firm center, soft edges. Be strong and have convictions, but be gentle with people.  
Romans 12:14-21 (p. 127)

### Don't give the devil a place in your heart. Ephesians 4:27

*"...and do not give the devil an opportunity." Ephesians 4:27*

- "Opportunity" in verse 27 most often is translated as place or location.  
τόπος (topos) "place" - location; passage (in a book); position; possibility, opportunity
- Unchecked or unprocessed anger can be used by Satan to exert his influence in your life.
- Love your enemies and pray for those who persecute you. Matthew 5:44

### Communion and Giving:

Prepare our hearts for the Eucharist (thanksgiving). We replace the anger in our hearts with thankfulness for what Jesus has done. 1 Corinthians 11:28. We replace the greed and selfishness in our hearts as we give to the Lord. Matthew 5:21-24.

### LifeGroup Discussion:

1. What are you angry about in a good way? What injustice or wrongs in the world are you angry about? How do you think God can use you in some way to make a difference?
2. What has been your experience with anger? Have you been hurt by anger? Have you let anger last too long and infect you?
3. Read the classic love passage in 1 Corinthians 13 and talk about how God gives a different way to live than the way of anger, selfishness and fear.

# ANGER RESOLUTION FLOW CHART

