

Controlling Our Anger #2

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Overcoming the Problem

1. Identify the problem
2. Desire to overcome it
3. Develop a plan of action

Overcoming the Problem of Anger

Our Text

Ephesians 4:26-27

²⁶ *"Be angry, and do not sin"*: do not let the sun go down on your wrath,
²⁷ nor give place to the devil.

Eph. 4:26-27 teaches

- There are times when we should be angry.
- Uncontrolled anger is sin.
- Anger must NOT be held within or it will produce wrath.
- Even “good” anger can be an opportunity for the devil.

How can we control our anger?

- **Not through**
 - Venting
 - Suppression

How then?

- **Let the anger go**
 - Don't let the Sun go down on your wrath!
 - Example: Moses (Num. 20:2-12)

How then?

- **Ask? Why am I angry? – 2 Cor. 13:5**
 - **Jealousy?** (Remember Cain)
 - **Confronted by the truth that I don't want to accept?** (Remember the Jews who stoned Stephen)
 - **People not doing what I want them to do?** (Remember Vashti)
 - **Disrespected?** (Remember Haman)
 - **Some past hurt?** (Remember Haman)
 - **Angry at what life has brought us?**

How then?

- **React in ways NOT to produce anger**
- ***Give a soft answer***
 - **Proverbs 15:1**
 - ¹ A soft answer turns away wrath, But a harsh word stirs up anger.
- ***Don't push "hot buttons"***

How then?

- **Learn to ignore petty disagreements**
 - **Proverbs 17:14**

¹⁴ The beginning of strife *is like* releasing water; Therefore stop contention before a quarrel starts.

How then?

- **Learn to reason things out**
 - Talk to self: Ask: “what good will it do?”
 - Example: David and Abigail (1 Sam. 25)

How then?

- **Put things in the right perspective**
 - **Ecclesiastes 7:21**
²¹ Also do not take to heart everything people say, Lest you hear your servant cursing you.

How then?

- **Don't be defensive**

- **Proverbs 27:17**

¹⁷ As iron sharpens iron, So a man sharpens the countenance of his friend.

How then?

- **Don't react too quickly**

- **Ecclesiastes 7:8-9**

⁸ The end of a thing *is* better than its beginning; The patient in spirit *is* better than the proud in spirit.

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

- **James 1:19**

¹⁹ So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;

How then?

- **Pray**

- Matthew 6:13 And do not lead us into temptation, **But deliver us from the evil one.** For Yours is the kingdom and the power and the glory forever. Amen.