

When You Are Angry

Introduction

Galatians 5:22-25 - Fruit of the Spirit, "Against such things there is no law."

Personal Reflections on the Sermon on the Mount

- Poor in Spirit
- Mourn
- Meek
- Hunger and Thirst for Righteousness
- Merciful
- Pure in Heart
- Peacemakers

"Anger is possibly the most fun [sin]. To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontations still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back—in many ways it is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you." (Frederick Buechner)

What does anger feel like? A perceived sense of injustice or wrong.
"It shouldn't be this way..."

Personal Examples

- Lily, New Carpets, and Cheese Sauce
- Leaky Roof with the Most Random Rainy Day
- Christmas always amplifies the grumpies

Context

- If you aren't being transformed like this, than it's possible you're not in the kingdom
- Your righteousness must exceed that of the pharisees

The Command

"You have heard that it was said to those of old, 'You shall not murder; and whoever murders will be liable to judgment.'" (Matthew 5:21)

Jesus often says, "it is written", he's dealing with a problem in this section

References to this specific command:

- "You shall not murder." (Exodus 20:13 & Deuteronomy 5:17)
- All three synoptic Gospels
- "For the commandments, "You shall not commit adultery, You shall not murder, You shall not steal, You shall not covet," and any other commandment, are summed up in this word: "You shall love your neighbor as yourself." (Romans 13:9)
- "For he who said, 'Do not commit adultery,' also said, 'Do not murder.' If you do not commit adultery but do murder, you have become a transgressor of the law." (James 2:11)

Is it wrong or sinful to be angry?

Divine Wrath

- *“Whoever believes in the Son has eternal life; whoever does not obey the Son shall not see life, but the wrath of God remains on him.”* (John 3:36)
- *“For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. For in it the righteousness of God is revealed from faith for faith, as it is written, “The righteous shall live by faith.”* (Romans 1:16-18)

Jesus

- *“The Passover of the Jews was at hand, and Jesus went up to Jerusalem. In the temple he found those who were selling oxen and sheep and pigeons, and the money-changers sitting there. And making a whip of cords, he drove them all out of the temple, with the sheep and oxen. And he poured out the coins of the money-changers and overturned their tables. And he told those who sold the pigeons, “Take these things away; do not make my Father's house a house of trade.”* (John 2:13-16)

Anger Without Sinning

- *“Be angry and do not sin; do not let the sun go down on your anger.”* (Ephesians 4:26)

This isn't what Jesus is getting at, Jesus is dealing with Pharisees who feel they have lawed themselves free from murder, and Jesus is here taking aim at the heart.

The Heart

“But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults [Raca] his brother will be liable to the council; and whoever says, 'You fool!' [mara] will be liable to the hell of fire.” (Matthew 5:22)

Angry - Bitter, frustrated, grumpy, gossiping, contempt, superiority, short with someone, avoiding them

Raca - to attack someone with words of contempt, meaning empty, vacuum, nothing in there.

Mara - to vilify someones character, to curse someone, or tell them they deserve hell. Slander would fit in here as well. Also, could go as far as abandon or leave destitute.

The ultimate end of anger is “ghenna”

This isn't good advice, this is exactly where anger ends. This must be dealt with.

What does your anger look like?

- Anger (wrath) is sinful when aiming at the wrong target.
- Anger (wrath) is sinful when provoked for the wrong reason.
- Anger (wrath) is sinful when expressed in the wrong manner.
 1. Too easily - quick tempered, hateful
 2. Too much - out of proportion, blowing up, loss of control
 3. Too long/often

Is this Righteous Anger?

- Is it provoked by actual sin?
- Is it accompanied by the fruit of the Spirit?

Common Anger Excuses

- People make me angry - “He made me angry”
- Anger is just something in you - This is just how I’m wired up
- It’s normal to let your anger out
- This is just part of my past - excusing sin

The Solution & Example

23 So **if** you are offering your gift at the altar and there remember that your brother has something against you, 24 **leave** your gift there before the altar and **go**. First **be reconciled** to your brother, and then come and offer your gift. 25 **Come** to terms **quickly** with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. 26 Truly, I say to you, you will never get out until you have paid the last penny.” (Matthew 5:21-26)

The context is dealing with you, someone has something against you, not you have something against them.

Worship is the solution but this passage reveals there’s a disconnect in worship caused by anger

IF you want to worship
LEAVE & GO
BE RECONCILED
COME
QUICKLY

What causes you to get angry about or most frequently?

Proverbs 28:13
A fool gives vent to his spirit

Cultivating a Gracious Heart

1. Love has to trump anger (the cross) vs. 25-26
 1. Hell is full of angry people, Christians are transformed by the cross
2. Pray
3. Trust that God is good, sovereign, and wise and will bring justice
4. Wait, consider your circumstance, let feelings and emotions pass, self-control
5. HALT Problems

“If we cannot control our tempers, what has grace done for us? We must not make natural infirmity an excuse for sin, but we must fly to the cross and pray the Lord to crucify our tempers, and renew us in gentleness and meekness after His own image” (Charles Spurgeon)