

Get Serious About Sinful Anger

Jerry Bridges laments that “our anger is often directed toward those we should love most: our spouse, children, parents, or siblings...and those who are our true brothers and sisters in Christ in our church families” (*Respectable Sins*, p. 121)

Ephesians 4:26b-27
Message

**Obediently and skillfully
prevent sinful anger**

When you are
angry say...

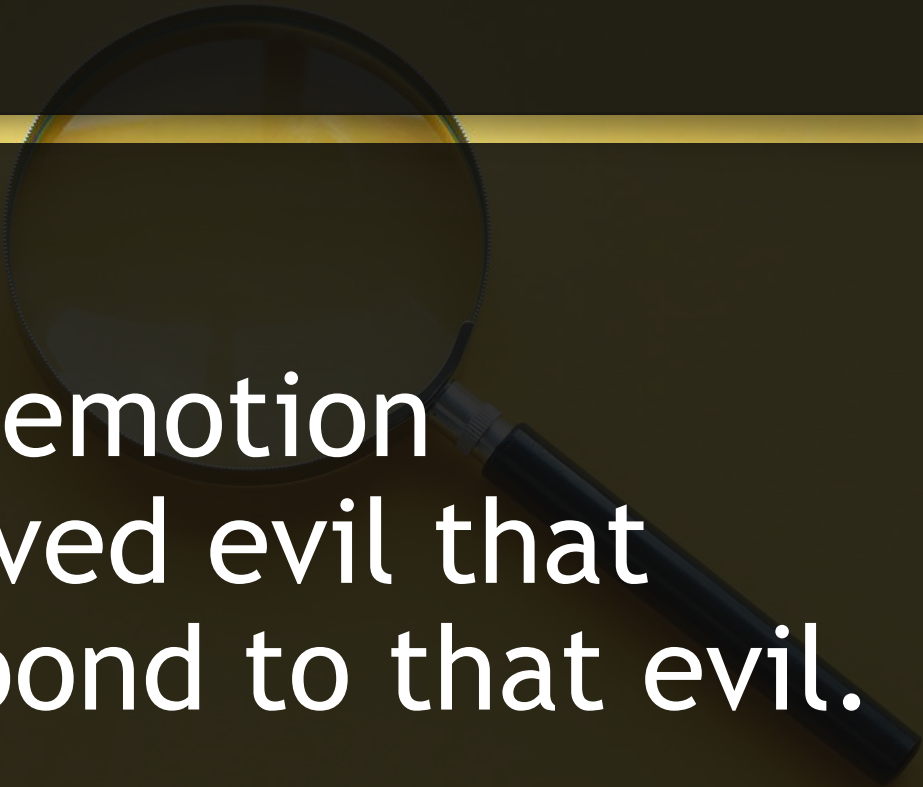
“I’m angry and I believe I have
a right to be



But what is most important is
that I seek a biblical solution
while maintaining godly
character”

“Anger”

Anger is a powerful emotion prompted by perceived evil that motivates us to respond to that evil.



Righteous Anger...

Expressed in a
settled
conviction
imitates God

Is against actual
sin as defined by
Scripture

Motivates toward
biblical solutions

For the individual
believer, the goal
will be to correct
and restore

Expresses itself
in godly
character

Do not sin in anger (26b)

Sinful anger is forbidden

Sin = “to miss the mark”. Here it is deliberately sinning because you think you have a right to

Jesus prohibited sinful anger (Mt 5:22)

*Seek a biblical solution as soon as possible
(26c)*

Word for “anger” is intensified here

Describes someone who is intensely provoked,
anger festering, irritable

“The day of anger should be the day of reconciliation. It is to be but a brief emotion, slowly excited and very soon dismissed. If it be allowed to lie in the mind, it degenerates into enmity, hatred, or revenge, all of which are positively and in all circumstances sinful”

(John Eadie, *Ephesians*, p. 349)

Two-fold Solution

*“First take the log out of
your own eye” - Mt 7:5*

Repent of your sinful anger first

Confess your sin

Seek forgiveness

Put on righteous behavior

Then help the other person with their sin

Shut the door on the devil (27)

Don't give the devil anything to work with

Otherwise, he will be able to get a beachhead in your flesh and launch an attack on your inner man, tempting you to bitterness or wrath

“Nothing opens the door more widely than anger, and for this good reason. The moment you are controlled by your temper you are no longer able to reason, you are no longer able to think, you can no longer give a balanced judgment...like a beast...The moment [sinful anger] has taken over the devil enters in”

(Martyn Lloyd-Jones, *Darkness and Light*, pp. 233-4)

Sinful Anger

Don't do it!

Deal with all anger quickly before the devil sees that you left the door open.