

"Anger"

How much of a problem is anger?

It was our biggest vote getter
Nearly everyone admits to struggling with it
Becoming a Christian does not eliminate it

An important clarification:

Becoming angry is not a sin
It is a normal, human response to:
hurt, fear, and frustration
But how we express anger often becomes sin
It is deadly to all life's relationships:
Others, self, and God

Good news! There is such a thing as a "godly" anger

God is often described as being "angry"
Jesus expressed anger
Godly people demonstrate righteous anger

The Three Deadly expressions of anger:

Rage:	Reactive	Uncontrollable	Dangerous
Revenge:	Deliberate	Retributive	Injurious
Resentment:	Inward	Unrelenting	Poisonous

Transforming anger from deadly to godly

Confess the deadliness of the sin
Commit to the discipline of patience
Confer the blessing of forgiveness
Count on the justice of God

***Will I continue to let my anger be an occasion for sin
Or an opportunity to be really like Jesus?***

Proverbs 15:1

1 A gentle answer turns away wrath,
but a harsh word stirs up anger.

Proverbs 29:11

11 A fool gives full vent to his anger,
but a wise man keeps himself under control.

Ephesians 4:25-32

25 Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. 26 "In your anger do not sin": Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.

29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Romans 12:17-21

17 Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. 18 If it is possible, as far as it depends on you, live at peace with everyone. 19 Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. 20 On the contrary:

"If your enemy is hungry, feed him;
if he is thirsty, give him something to drink.
In doing this, you will heap burning coals on his head."

21 Do not be overcome by evil, but overcome evil with good.
NIV

The tradition of the seven deadly sins:

Seven Deadly Vices

*Greed
Lust
Envy
Sloth
Pride
Gluttony
Anger*

Seven Heavenly Virtues

*Charity
Chastity
Kindness
Diligence
Humility
Temperance
Patience*

Texting Poll on Anger

Question:

How long has it been since you became really angry?

One Day

One Week

One Month

One Year

Text your answer to 99503

For "One Day" text "oned"
For "One Week" text "onew"
For "One Month" text "onem"
For "One Year" text "oney"

(without quotation marks)



February 21, 2010

Ephesians 4:25-32

"Anger"

Pastor Philip C. Rogers

**Middletown
Church of the Nazarene
Middletown, Indiana**

Master copy of notes and audio version of the sermon at
www.middletownnaz.com