

BIBLE LIFE MESSAGES

How Can You Be Angry and Not Sin?

Ephesians 4:25-32

1 What is anger? 2 The word “anger”, 1 in the original language, was to have a strong feeling of displeasure and antagonism as a result of some real or supposed wrong.

Anger symptoms are normally displayed with a red face, swollen neck veins, clenched fists, a stumbling for words and maybe vision blurred as the anger clouds the vision centers of the brain. 3

Medically, according to Dr. Walter Cannon, “respiration deepens, the heart beats more rapidly; the arterial pressure rises. The blood is shifted from the stomach and intestines to the heart, central nervous system and the muscles. The processes of the alimentary canal cease and sugar is freed from the reserves in the liver. The spleen contracts and discharges its contents of concentrated corpuscles and adrenalin is secreted. 4

1 ὀργίζομαι.

Proverbs, chapter 30, verse 33 says, **For as churning the milk produces butter, and as twisting the nose produces blood, so stirring up anger produces strife.** ⁵

There's a Latin proverb that says, "He who goes to bed angry has the devil for a bedfellow. Never take your enemies to bed with you!" ⁶

Then Will Rogers, "People who fly into a rage always make a bad landing." ⁷

Daniel Webster, "Swallowing angry words before you say them is better than having to eat them afterwards." ⁸

Our scripture today can give us some answers to "Can you be angry and not sin?" Ephesians, chapter 4, verses 25 through 32 states, **Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. 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. ⁹²

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. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. ¹⁰³

So, can you be angry and not sin? First we need to understand a couple of things about anger. ¹¹

² vs 25-28.

³ vs 29-32.

I. Anger is Normally Wrong

What do you do with anger and rage? Galatians, chapter 5, verses 19 through 21, says anger ¹² is listed along with ¹³ witchcraft and sexual orgies with the sins of the flesh. ⁴ ¹⁴

Colossians, chapter 3, verse 8, tells us to get rid of anger and rage. ⁵ So how do you do that? ¹⁵ Psalm, chapter 37, verse 8, **Refrain from anger and turn from wrath; do not fret — it leads only to evil.** ¹⁶

You are to pray without getting angry. First Timothy, chapter 2, verse 8, **I want men everywhere to lift up holy hands in prayer, without anger or disputing.** ¹⁷

Although anger is normally wrong . . .

⁴ Galatians 5:19-21 - The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like.

⁵ Colossians 3:8 - But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

II. Anger Isn't Always Wrong

Anger isn't always wrong. ¹⁸ **Lord Jesus was angry when He cleansed the Temple.** ¹⁹ Observe Matthew, chapter 21, verses 12 and 13, **Jesus entered the temple area and drove out all who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves.** "It is written," he said to them, "'My house will be called a house of prayer,' but you are making it a den of robbers."²⁰

Again in John, chapter 2, verses 13 through 17, **When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. In the temple courts he found men selling cattle, sheep and doves, and others sitting at tables exchanging money. So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the money changers and overturned their tables.** To those who sold doves he said, "Get these out of here! How dare you turn my Father's house into a market!" His

disciples remembered that it is written: “Zeal for your house will consume me.”²¹

The Lord never committed sin⁶ but was very angry here! What made the difference?²²

The first thing you need to remember is that Lord **Jesus is God in flesh!**²³ Continuing in John, chapter 2, verses 18 and 19, when asked for a miraculous sign to confirm His authority to cleanse the Temple, He replied, “**Destroy this temple, and I will raise it again in three days.**” The resurrection was proof that Jesus was God!²⁴

Colossians, chapter 1, verses 15 and 16, blatantly proclaims it, He is the image of the invisible God, the firstborn over all creation. For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him.²⁵

⁶ Hebrews 4:15 - For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are — yet was without sin.

Then, chapter 2, verse 9, nails it, **For in Christ all the fullness of the Deity lives in bodily form . . .** 26

So, as God, the Temple was really the Lord's property! It was His house! These Jews were making a mockery out of it! 27

Notice back in Matthew, chapter 21, verse 13, **My house shall be called a house of prayer** is a direct quote from Isaiah, chapter 56, verse 7. God is speaking there! **You are making it a den of robbers** is from Jeremiah, chapter 7, verse 11. Again, God is speaking! 28

So . . .

III. How Can We Keep from Our Anger Becoming Sin?

How can we keep from our anger becoming sin? Let me give you several Bible answers! 29

Overlook an insult or an offense. Proverbs, chapter 12, verse 16, **A fool shows his annoyance at once, but**

a prudent man overlooks an insult. Then, in Proverbs, chapter 19, verse 11, **A man's wisdom gives him patience; it is to his glory to overlook an offense.** ³⁰

Don't be quick to be provoked. Ecclesiastes, chapter 7, verse 9, **Do not be quickly provoked in your spirit, for anger resides in the lap of fools.** Again, in Proverbs, chapter 14, verse 17, **A quick-tempered man does foolish things, and a crafty man is hated.** ³¹

Some other Bible answers are: **respond to insult with a gentle answer;** ⁷ ³² **keep your emotions under control** ⁸ ³³ and **don't associate with hot tempered people.** ⁹ ³⁴

Finally, from our scripture today finishes with verses 26 and 27, **don't go to bed angry! In Your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold.** ³⁵

⁷ Proverbs 15:1 - A gentle answer turns away wrath, but a harsh word stirs up anger.

⁸ Proverbs 29:11 - A fool gives full vent to his anger, but a wise man keeps himself under control.

⁹ Proverbs 22:24 - Do not make friends with a hot-tempered man, do not associate with one easily angered . . .

Remember, you have the power of the Holy Spirit to do this! The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. ¹⁰

<http://biblelifemessages.org/>

¹⁰ Galatians 5:22-23.