

Sunday, July 14, 2019—Body Building: Corrupt Communication, Part 10 (Be Ye Angry & Sin Not)

### **Introduction**

- Romans 14:19—the second segment of this series is devoted to looking at things that make for peace among the brethren and edify the body of Christ.
- Ephesians 4:29-31—evil speaking does not make for peace among the saints. Evil speaking takes away peace and doesn't edify. Thus far, we have considered the following categories of corrupt communication and evil speaking.
- Ephesians 4:25—within the context of Ephesians 4 Paul deals with lying and truth telling. Lying is to be “put away” whereas speaking the truth is to be “put on.” The reason we should speak the truth is that “we are members one of another.”
- Ephesians 4:30—malicious speech comes from the central source of all sin—the promotion of self. Under the category we have looked at the catastrophic cousins of gossip and slander.
- Ephesians 5:4—deals with inconvenient or unbecoming speech such as filthiness, foolish talking, and jesting.
- Ephesians 4:26-27—this morning I want to talk about a biblical model for dealing with anger.

### **Dealing with Anger**

- Anger takes over when patience runs out and often vents itself in harsh words.
- Biblical Examples:
  - Genesis 4:5—anger was Cain's response after God rejected his sacrifice.
  - I Samuel 18:5-9—King Saul's anger was kindled when David received more praise than he did from the people.
  - Jonah 4—Jonah's anger was kindled against God when God did not destroy Nineveh like Jonah wanted.
- Unfortunately, anger never lives in isolation. It is like a cancer that continues to grow and spread. It may begin with just a small incident of rejection, jealousy, disappointment, thwarted gain, or unkind comparison. But if these things aren't resolved, anger can quickly grow into other problems.
  - Cain's rejected offering sparked the murder of his brother, which resulted in fear, alienation, and God's judgment.

- King Saul's anger caused him to brood, become depressed, and develop a deep hatred for David.
- Jonah's anger turned inward and Godward as he became vulnerable to self-pity, depression, and thoughts of suicide.
- Anger becomes detrimental to the body of Christ when it vents itself through our words. Our anger is most often expressed in our words.

### **Learning to Apply Patience**

- How can we prevent anger from running our lives and ruining our relationships? We needed to replace an angry spirit with a patient spirit.
- The New Testament uses two primary words for patience. One carries the thought of not returning harm to those who have harmed us, even though it is within our power to do so. The other word reflects the ability to maintain a good attitude even under pressure.
- The problem is that both dimensions of patience contradict our natural flesh brain wiring. When we're offended, hurt, or reproved, we want to retaliate.
- Before we go any further, we must understand that anger is a valid God-given emotion. God is sinless, yet the Bible tells us that He possesses the capacity to get angry.
  - Exodus 4:14
  - Numbers 25:3
  - Mark 3:5
- Anger is a "signal emotion" that alerts us to injustice, ungodliness, and unrighteousness.
- Even though God intended anger to be a righteous response to something that's wrong, we all have felt anger that is far from righteous. Our task as believers is to separate anger from the sins that accompany it.
- Three New Testament instructions can help us to respond properly to anger. All three of them deal with the application of patience.
  - *Be Slow to Wrath*—James 1:19—this habit develops our ability to handle anger when it first begins to rise. It equips us to evaluate what has happened and choose appropriate responses.

- *Be Angry and Sin Not*—Ephesians 4:26—we must be aware of the sins that so easily attach themselves to anger.
- *Don't Let the Sun Go Down Upon Your Wrath*—Ephesians 4:26—letting anger linger too long with touch off a corrosive effect in our lives. We need to direct our focus on finding solutions that will bring peace to our inner man and restoration of relationships.

### *Be Slow to Wrath*

- James 1:19—the word “slow” literally means to hesitate or delay. The essence of this wise advice is to be patient.
- Restraining anger means hesitating long enough to carefully evaluate a situation.
- The following five steps can help us hesitate, evaluate, and control our anger:
- *Remember God's statements to angry people*
  - Genesis 4:6-7—Why are you angry?
  - Jonah 4:4—Do you have good reason to be angry?
- *Check to see if you have sufficient facts to justify your anger*—seeking to understand both sides of a matter slows anger but is also reflected in words that show self-control and a fair spirit.
- *Try to understand the situation from other points of view*
- *Pinpoint the specific cause of your anger*—the sooner we get to the source of our anger the better we will be able to deal with it.
- *Verbalize the sense of oncoming anger*—pride makes it hard to say, “I am angry.”
- Proverbs 16:32