

Sunday, March 28, 202—Colossians 3:6-9 Also Put Off All These: Anger

### Colossians 3:6

- **For which things' sake the wrath of God cometh on the children of disobedience:**
- All of the things listed in verse 5 qualify someone to receive the wrath of God, according to verse 6.
  - Ephesians 2:1-3
  - Ephesians 5:1-6

### Colossians 3:7

- **In the which ye also walked some time, when ye lived in them.**
- Many of the Colossians had walked in the behaviors, attitudes and actions listed in verse 5.
  - I Corinthians 6:3-11—the Corinthians, like the Colossians had also “walked” and “lived” in these behaviors before they were saved.
  - Ephesians 4:17-20—before trusting in the finished work of Christ we all had a flesh programming that “walked” and “lived” according with the behaviors, attitudes, and actions identified in this passage.
  - Colossians 3:5—Paul is saying that we need to “mortify” our members to these things because they are no longer indicative of our new identity as “new creatures” in Christ. Therefore, they need to be mortified and put to death in our lives.

### Colossians 3:8

- **But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth.**
- **But now ye also put off all these**—in addition to “mortifying” our members to the items identified in verse 5, we are commanded to “put off” these additional items in verse 8.
- The verb rendered “put off” is in the imperative mood i.e., it’s a command. It is the 4<sup>th</sup> such imperative command in Chapter 3.
  - Col. 3:1—“seek”
  - Col. 3:2—“set”

- Col. 3:5—“mortify”
- Col. 3:8—“put off”
- The Greek verb rendered “put off” in the King James Bible means to put away, cast off, lay apart, aside, or down.
  - Acts 7:58—“laid down”
  - Romans 13:12—“cast off”
  - Ephesians 4:22—“put off”
  - Ephesians 4:25—“putting away”
- Colossians 2:8—the first phrase of the verse is a commend to “put off” and “mortify” our members to some additional aspects of the former conversation. The first of which is “anger.”
- **Anger**—is defined as follows by Noah Webster’s *American Dictionary of the English Language* ([click here](#)).
- Ephesians 4:26
- 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 possess the capacity to get angry.
  - Exodus 4:14
  - Numbers 25:3
- 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.
- Deal with Anger Before Sundown—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 our 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

### *Be Angry and Sin Not*

- Ephesians 4:26
- This command draws a clear distinction between anger and sin. Anger in and of itself is not sin. Just as we can be tempted without sinning, we can become angry with following up with a sinful response.
- Lingering anger turns into the self-destructive sins of bitterness and hatred. Speech sins like lying, slander, murmuring, threatening, cursing, taking God name in vain, and contentious words are all products of anger handled improperly.

- Murder, envy, strife, and revenge are common sins of an angry heart.
  - Psalm 141:3—“if you can’t say anything nice don’t say anything at all.”

### *Deal with Anger Before Sundown*

- Ephesians 4:26—God wants us to deal with each day afresh, not with unresolved anger and guilt from the day before.
- Psalm 37:8
- Ephesians 4:31—when we become angry, our natural tendency is to direct our mental and emotional energy toward the source of our anger. The person that has stimulated the anger becomes an overriding preoccupation. We think about the perceived injustice everywhere we go, so we take it out on other people who have done nothing to deserve our anger. We plan what to say the next time we see the offending person, what he or she might say in reply, and what our follow up comment will be. We fantasize various schemes of revenge.
- Meanwhile, in doing all these things, we actually become servants to the one(s) upon whom we have focused our anger. The other person may not even know we are angry, and even if he does, the matter doesn’t consume his time and energy nearly as much as it does our own.
- The intensity of our emotion will usually progress through five stages.
  - Fret—we will mull the problem over in our minds.
  - Envy
  - Anger—this is the slow burn.
  - Wrath—this is the explosion.
  - Evil—the plot to carry our revenge.
- Colossians 3:8—Paul commands us to “mortify” and “put off” anger.