

Can Christians Be Angry?

August 23, 2020

RAGE: Finding Calm In An Age Of Outrage, Pt. 4

Psalm 37:8-11

Psalm 37:8, *Refrain from anger and turn from wrath; do not fret—it leads only to evil. 9 For those who are evil will be destroyed, but those who hope in the Lord will inherit the land. A little while, and the wicked will be no more; though you look for them, they will not be found. 11 But the meek will inherit the land and enjoy peace and prosperity.*

Exodus 34:6, ...*“The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, 7 maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet He does not leave the guilty unpunished; He punishes the children and their children for the sin of the parents to the third and fourth generation.”*

Mark 3:5, *He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored.*

Matthew 23:23, *“Woe to you, teachers of the law and Pharisees, you hypocrites! You give a tenth of your spices—mint, dill and cumin. But you have neglected the more important matters of the law—justice, mercy and faithfulness. You should have practiced the latter, without neglecting the former.*

Seven Principles For Handling Anger Biblically:

Ephesians 4:26,* *“In your anger do not sin”...**

1) Speak Honestly And WITH LOVE

Ephesians 4:15, ...*speaking the truth in love, we will grow to become in every respect...*

Proverbs 15:18, *A hot-tempered person stirs up conflict, but the*

one who is patient calms a quarrel.

2) Stay CURRENT

Ephesians 4:26, *“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*

Proverbs 14:29, *Whoever is patient has great understanding, but one who is quick-tempered displays folly.*

3) Attack The Problem Not The PERSON

Ephesians 4:29, *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... 31 Get rid of all bitterness, rage and anger, brawling and slander...*

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

4) Don't Be A HOT-HEAD

James 1:19, *My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.*

1 Corinthians 13:4, *Love is patient, love is kind...5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.*

5) Act, DON'T REACT

Ephesians 4:32, *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

Matthew 10:16, *“I am sending you out like sheep among wolves. Therefore be as shrewd as snakes and as innocent as doves.*

6) Think About OTHERS

Genesis 50:20, *You intended to harm me, but God intended it for good... the saving of many lives.*

Proverbs 29:1, *Fools give full vent to their rage, but the wise bring calm in the end.*

7) Don't Play GOD

Romans 12:19, *Do not take revenge, my dear 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.*