

"Be Ye Angry, and Sin Not"

(Ephesians 4:26-27)

Introduction:

1. Our lesson is based on the admonition given in Ephesians 4:26a -- "*Be ye angry, and sin not.*"
2. We are constantly exposed to outbursts of anger, and we see the effects of uncontrolled anger all the time.
3. We need to know what the Bible teaches on this subject.
4. Before we examine these verses, let us consider some . . .

Discussion:

I. GENERAL PRINCIPLES THAT RELATE TO ANGER

A. Anger leads to irrational behavior (3 illustrations).

1. (Genesis 4:5) Cain became "*very wrath,*" and he killed his brother Abel (vs.8).
2. (2 Kings 5:11) Naaman "*was wrath,*" and he refused to do what Elisha told him to do so he could be cured of leprosy.
3. (Luke 15:28) Anger prevented the older son from attending the feast that his father gave when his younger brother returned home.
4. In addition to causing irrational behavior, . . .

B. Anger is habit forming (Proverbs 19:19).

C. Anger is contagious (Proverbs 22:24-25).

D. Anger leads to other sins (Proverbs 29:22).

E. Anger causes strife (Proverbs 30:33).

F. With these general principles that relate to anger before us, let us turn our attention to . . .

II. A STUDY OF EPHESIANS 4:26-27

A. Let us first examine the context.

1. This chapter teaches Christians how to "*walk*" so as to please God.
 - a. (vs.1-16) We are to "*walk worthy*" of our vocation.
 - b. (vs.17-24) We are not to walk like people in the world.
2. Beginning at vs.25, several specific subjects are addressed.
3. (vs.26-27) Instructions are given that relate to anger.

B. What do these statements mean?

1. (vs.26) "*Be ye angry*" is not a command to be angry.
 - a. "Anger" is an emotional response to something that displeases us.
 - 1) We all have emotions, and we all have things that displease us.
 - 2) Since this is the case, we are all subject to being angry.

b. These verses teach us not to sin as a result of being angry -- *"Be ye angry, and sin not."*

2. "Anger" [wrath] that causes us to commit sin is condemned.

a. Ephesians 4:31-32

b. (Galatians 5:19-21) It is a work of the flesh that will keep us out of God's kingdom.

c. Colossians 3:8

3. We are taught in Ephesians 4:26-27 that our anger must be controlled, and we must not allow it to result in sin.

C. We are ready now to consider some . . .

III. INSTRUCTIONS FOR CONTROLLING ANGER

A. (Ephesians 4:26) Do not let *"the sun go down upon your wrath."*

1. In other words, let your anger go the same day it arises.

2. If it is held in long enough, anger will lead to malice, hatred, and a desire for revenge.

B. (Ephesians 4:27) Do not *"give place to the devil."*

1. We must determine in our minds that we are not going to give Satan the opportunity to lead us into sin.

2. (James 4:7) *"Resist the devil, and he will flee from you."*

C. Additional instructions:

1. Remember that vengeance belongs to God (Romans 12:19).

2. We are to *"overcome evil with good"* (Romans 12:20-21).

3. We must follow the order given in James 1:19-20.

Conclusion:

1. In addition to controlling our own anger, we must refrain from things that will cause others to become angry (Proverbs 15:1 -- *"A soft answer turneth away wrath: but grievous words stir up anger"*).

2. An interesting contrast is made in Proverbs 14:29 -- *"He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly."*

a. This contrast should lead us to examine ourselves.

1) Are you *"slow to wrath?"*

2) Are you *"hasty of spirit?"*

b. We learn from Proverbs 16:32 that the Lord is pleased with those who are *"slow to anger"* -- *"He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city."*