

How To Be Angry Without Sinning
(Mark 3:1-5)

Introduction:

1. On this occasion Jesus experienced "anger," but He did not allow His anger to cause Him to sin.
2. It is important for us to follow the Lord's example because we are told in Ephesians 4:26a -- "*Be ye angry, and sin not.*"
3. We have seen outbursts of anger lately on the news, and we have seen the effects of uncontrolled anger.
4. We need to know and practice what the Bible teaches about "how to be angry without sinning."
5. Let us begin our study by considering 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. Wrath [uncontrolled anger] is a work of the flesh that will keep a person out of God's kingdom (Galatians 5:19-21).
 - G. With these general principles that relate to anger before us, let us turn our attention to some . . .
- II. INSTRUCTIONS FOR CONTROLLING ANGER
 - A. (Romans 12:19) Remember that vengeance belongs to God.
 - B. (Romans 12:20-21) We are to "*overcome evil with good.*"
 - C. (Ephesians 4:26) Do not let "*the sun go down upon your wrath.*"
 - D. (Ephesians 4:27) Do not "*give place to the devil*" [James 4:7].
 - E. (Ephesians 4:31-32) We are to put away anger and wrath and replace them with good characteristics.
 - F. (James 1:19-20) We are to follow the Lord's order.

Conclusion:

1. According to Hebrews 12:1-2, we are to keep our eyes focused on the Lord as we endeavor to run the Christian race with patience.
2. Let us remember that Jesus experienced anger without sinning.
3. Let us practice these instructions that the Lord has provided for us.