

Sermon Notes

Transformed Anger Ephesians 4:26-27

Ephesians 4:22-24

- Galatians 2:20, Romans 6:4, Colossians 2:11, Philippians 2:13, 2 Corinthians 10:5

Ephesians 4:25

Godly Anger

Ephesians 4:26-27

- 1 Corinthians 13:5, Psalms 103:8, Matthew 21:12-13
- "The energy of compassion is rooted in anger" –Chip Dodd
- What is the one aspect of this broken world that, when you see it, touch it, get near it, you just can't stand? Very likely, that firestorm of frustration reflects your holy discontent, a reality so troubling that you are thrust off the couch and into the game. It's during these defining times when your eyes open to the needs surrounding you and your heart hungers to respond that you hear God say, "I feel the same way about this problem. Now, let's go solve it together!" – Bill Hybels, Holy Discontent

Sinful Anger

Ephesians 4:26-27

- Ephesians 4:30-31, Colossians 3:8, Psalm 37:8, Matthew 5:21-22

We should be very slow to anger

- Proverbs 19:11, Ecclesiastes 7:9, Proverbs 16:31, James 1:19-20

Explosive anger

- Proverbs 29:11

Passive Aggressive

1. Deliberately "forget" to do things
2. Are inefficient and late on purpose
3. Withhold intimacy and praise
4. Engage in backstabbing behavior
5. Hide their bitterness with a smile
6. Pursue sneaky revenge tactics
7. Give the silent treatment
8. Speak hurtful remarks and sarcasm

Dealing with Anger

1. Own your anger and don't blame it on others

- Psalm 69:23-30
- The greatest value in gaining freedom from certain behaviors is acknowledging its existence in your life. Situations and circumstances do not “cause” you to be angry, jealous, lazy, rude, impatient or aggressive. They typically reveal who you are in those circumstances. Failure to acknowledge these traits and their existence in your life will allow them to continue to have influence and control over you. Many people are owned by anger, fear, pride, insecurity, jealousy and inferiority because they refuse to own or acknowledge that these existed in them long before they were triggered and exposed by external circumstances. What triggers you is in you. – Abby Napora

2. Ask yourself – “why are you angry?” then find life in Jesus

- Dig down to the root of your anger
- Our security, life and identity come from Jesus

3. Do not feed your anger

4. Redirect your anger

- Pray for the Person - Matthew 5:44-45
- Do something kingdom - Romans 12:18-215.

5. Control your thoughts and actions

- Romans 12:2, 2 Corinthians 10:5