

## "Be Angry and Sin Not"

The purpose of this lesson is to study the Bible teaching about anger.

### I. The Relationship between Anger and Sin

#### A. Bible Examples of Acceptable Anger

Psalms 7:11 – God is angry with the wicked every day.

Exodus 11:4-8 – In Egypt Moses acted as God's spokesman, yet spoke in great anger.

Exodus 32:19-24 – When Moses saw Israel worshiping the calf, his anger became hot.

Numbers 16:15 – When men rebelled against Moses' leadership, he was very angry.

Mark 3:5 – Jesus looked on the Jews in anger, being grieved at their hardness of heart

2 Corinthians 7:11 – When Corinth disciplined a fornicator, Paul praised their indignation.

Ephesians 4:26 – Be angry, and do not sin.

Some anger is justified. But note that every case listed above involves being angry at sin.

[Romans 1:18; 2:5-9; 5:6-11; Ephesians 5:6; Colossians 3:6; John 3:36; etc.; Psalms 119:53; Gen. 31:31; Psalm 2:12; Nehemiah 5:6,7; Mark 10:14 – ASV]

#### B. The Danger of Anger

James 1:19,20 – The wrath of man does not produce the righteousness of God.

Proverbs 14:17 – A quick-tempered man acts foolishly. [Prov. 29:22]

#### *Anger can cause us to "blow up."*

Some psychologists encourage people to "vent" their anger.

Proverbs 29:11,20 – A fool vents all his feelings, but a wise man holds them back.

Ephesians 4:31,32 – Put away anger that is associated with bitterness, clamor ("loud quarreling" – NKJV ftnt), evil speaking, and malice.

Genesis 4:4-8 – Cain's anger led him to kill his brother.

[Col. 3:8ff; 2 Cor. 12:20; Prov. 4:23; Matt. 15:18ff; Prov. 19:11; Rom. 12:17-21; Acts 7:54-60; 19:28; James 3:9-12; 1 Peter 3:9; Matt. 7:12]

#### *Anger can cause us to "clam up."*

Ephesians 4:31,32 – Put away anger and wrath, along with bitterness and malice. Instead of putting **away** anger, some people put it **inside** to fester malice.

Ephesians 4:26 – Do not let the sun go down on your wrath. Instead of letting anger build up, we should work constructively to eliminate the cause of anger.

James 1:19 – Be slow to wrath and **slow** to speak (not "**refuse**" to speak).

Leviticus 19:17,18 – Instead of hating our brother and holding a grudge against him, we should love our neighbor and rebuke him: **talk** to him about his wrong.

Note that clamming up is often what leads to blowing up!

[Matt. 5:21-24; 1 Cor. 13:5]

### II. Ability to Control Anger

Jesus was angry and was tempted in all points like we are, but He did not sin (Heb. 4:15).

Ephesians 4:26 – Be angry and sin not.

Proverbs 29:11 – A fool vents all his feelings but a wise man holds them back.

Proverbs 16:32; 25:28 – He who rules his spirit is better than one who captures a city.

Other passages refer to this as "self control," (1 Cor. 9:25-27; 2 Peter 1:5-8; Gal. 5:22,23).

1 Corinthians 10:13 – No temptation is beyond our ability to handle.

We can control our anger, when we really want to.

[Gal. 5:20; 2 Tim. 1:7; Psalm 37:8; Prov. 14:29; Philippians 4:13; Psalm 37:5; Eph. 6:10-18; 3:20,21; 2 Cor. 9:8; Josh. 1:5-9.]

### III. Bible Principles to Help You Control Your Anger

#### A. Study the Scriptures and Develop a Plan.

Psalms 119:105 – Your word is a lamp to my feet and a light to my path.

Matthew 4:1-11 – Jesus dealt with Satan’s temptations by quoting Scripture.

List passages about anger, study and memorize them. Then develop a plan of action.

[Joshua 1:8; Deuteronomy 6:6-9; Proverbs 3:5,6; 2 Timothy 3:16,17; Ephesians 6:17; Romans 1:16; Hebrews 4:12]

#### B. Repent and Pray.

Acts 8:22 – To be forgiven, we must repent and pray for forgiveness.

1 Peter 5:7 – Casting all your cares upon Him, for He cares for you.

Luke 6:27,28 – Pray for those who spitefully use us.

[Proverbs 28:13; 1 John 1:8-10; Matthew 6:13]

#### C. Discuss the Problem with Other Christians.

James 5:16 – Confess your trespasses to one another, and pray for one another, that you may be healed. Others can help bear our burden (Gal. 6:2; 1 Thess. 5:14).

#### D. Avoid Hot-Tempered People.

Proverbs 22:24,25 – Make no friendship with an angry man, lest you learn his ways and set a snare for your soul. Associating with people who practice sin tempts you to participate. Associating with those who have overcome the problem helps you overcome it.

[Matthew 6:13; Romans 13:14; 1 Corinthians 15:33; 1 Peter 4:3,4; Proverbs 13:20; Exodus 23:2; Psalm 26:5; 2 Corinthians 6:14-18; Ephesians 5:11]

#### E. Think before You Speak or Act.

James 1:19 – Be swift to hear, slow to speak, slow to wrath.

Proverbs 29:20 – There is more hope for a fool than for a man hasty in his words.

Proverbs 15:28 – The heart of the righteous studies how to answer.

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

Don’t speak to hurt, get even, or antagonize. Stay calm enough to say what is helpful.

#### F. Work to Solve the Problem that Angered You.

The issue is not **who** angered you, but **what happened** to anger you. Learn to distinguish the act from the person. Hate the sin, but love the sinner.

Use your energy constructively to solve the problem. Wrong responses are: (1) Blowing up and attacking the person who angered you. (2) Blowing up and attacking an innocent bystander. (3) Holding a grudge (clamping up the anger inside yourself). The only proper response is to use your natural energy to **work on the problem**.

Matthew 5:22-24; (Luke 17:3,4) – Talk with those who upset you to be reconciled.

Ephesians 4:26 – Don’t let the sun go down on your wrath.

Ephesians 4:26,29 – Speak what is good for edification. Note: (1) Say what is necessary. If it won’t help solve the problem, don’t say it! (2) Say what edifies and imparts grace to the hearers. Speak to help, not to hurt. [1 Cor. 13:5; Rom. 12:17-21]

James 1:19 – Be swift to hear, slow to speak, slow to wrath. Be willing to listen.

Matthew 7:3-5 – Examine your own conduct. Maybe you have been wrong.

#### G. Apologize to Those You Have Hurt.

Matthew 5:23,24 – Seek to be reconciled with our brethren.

Luke 17:3,4 – We must say, “I repent” “I was wrong. I am sorry. Please forgive me.”

Have you harmed someone in anger? Are there sins against others you need to make right?

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