

In Christ: Worthy Anger Expressions
Ephesians 4:25-32; James 1:19-20

Anger: A God-given Human Emotion That Is a Part of Our "Imaginess" - Gen 1:26; Eph 4:26

- God means our anger to work for us and others, not against us and others - Eph 4:26
 - ...our anger surfaces in a clash of wills - Judges 17:6
 - ...our anger calls for a response - Jo 24:15
- Our experience (feeling) of anger is not necessarily sinful - Eph 4:26; Jo 2:13; Mk 3:5-6
 - ...our expression may be - Eph 4:26; Gen 4:5-8
 - ...examples:
 - = grumbling/complaining (Phil 2:14); sulks/self-pity (Jo 16:33; I Jo 5:4,5); bitterness/resentment (Eph 4:31; Col 3:8); repression/denial (Matt 18:15; Ga 6:1,2; Eph 4:15,25); degradation/contempt (Matt 5:21-25; Eph 4:31; Col 3:8); vengeance/vengeance (Ro 12:19)
 - ...our "unworthy" anger expressions are to be put off - Eph 4:20,22

Putting On Worthy Anger Expressions - Eph 4:23-24

- Every anger experience is a call to worship God - Lk 4:8; Ps 119:91
 - ...who will I crown "Lord" of my anger? - Ja 1:2-5
 - ...will I yield to the filling influence of the Holy Spirit in me? - Eph 5:18
- Apply immediate forgiveness - Eph 4:26,32
 - ...do not let legitimate anger harden into illegitimate expressions - Eph 4:27
- Make the "First Move" toward reconciliation/resolution - Matt 5:23; 18:15; Ga 6:1-2
 - ...The first "Mover/Lover" lives in us - I Jo 4:19
- Invest a "treasure" in the offender - Matt 5:43,44; Ro 12:20
 - ...address the "need" behind the fault - Heb 7:25

Result? My anger "problems" begin to solve... ME! - Ro 8:28,29