

**“Anger”**  
**Baggage – Part 6**  
**Ephesians 4:26-32**  
**May 12, 2013**

“A stone is heavy and sand is weighty, but a fool’s wrath is heavier than both of them.” Proverbs 27:3 (NKJV)

**Some People Treat Their Anger Like:**

- **A Trampoline.**
- **Toxic Waste.**
- **A Volcano.**
- **An Ice Berg.**
- **A Microwave.**

“Be angry, and do not sin’: do not let the sun go down on your wrath, nor give place to the devil. Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need. Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.”  
Ephesians 4:26-32 (NKJV)

**1. RECOGNIZE & RELEASE SINLESS ANGER.**

“Be angry, and do not sin...” Ephesians 4:26a (NKJV)

“Fools vent their anger, but the wise quietly hold it back.” Proverbs 29:11 (NLT)

“Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.” James 1:19-20 (NLT)

“Stop being angry! Turn from your rage! Do not lose your temper—it only leads to harm.” Psalm 37:8 (NLT)

“Jesus went into the synagogue again and noticed a man with a deformed hand. Since it was the Sabbath, Jesus’ enemies watched Him closely. If He healed the man’s hand, they planned to accuse Him of working on the Sabbath. Jesus said to the man with the deformed hand, ‘Come and stand in front of everyone.’ Then He turned to His critics and asked, ‘Does the law permit good deeds on the Sabbath, or is it a day for doing evil? Is this a day to save life or to destroy it?’ But they wouldn’t answer Him. He looked around at them angrily and was deeply saddened by their hard hearts. Then He said to the man, ‘Hold out your hand.’ So the man held out his hand, and it was restored!”  
Mark 3:1-5 (NLT)

**2. RENOUNCE & REJECT SINFUL ANGER.**

“...do not let the sun go down on your wrath, nor give place to the devil...Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.” Ephesians 4:26b-27, 31 (NKJV)

❖ **Don’t nurse it.**

“...Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.” Hebrews 12:15b (NLT)

❖ **Don't rehearse it.**

❖ **Don't converse about it.**

*"A gentle answer turns away wrath, but a harsh word stirs up anger."* Proverbs 15:1 (NIV)

❖ **Don't disperse it.**

*"The discretion of a man makes him slow to anger, and his glory is to overlook a transgression."*  
Proverbs 19:11 (NKJV)

❖ **Do reverse it.**

*"And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."*  
Ephesians 4:32 (NKJV)

*"Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord. On the contrary: 'If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.'" Romans 12:19-20 (NIV)*