

Anger Management
Ephesians 4:26-27

1. An Unusual Command for Anger.

definition of anger: a stored up, measured, righteous response to evil.

- not quick tempered
- not driven by selfishness
- always coupled with a measure of compassion

**Do not be quickly provoked in your spirit, for anger resides in the lap of fools.
(Ecclesiastes 7:9)**

Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires. (James 1:19-20)

2. An Uncompromising Condition Concerning Anger.

Precept: do not sin

Practice: Since most sinful anger is preceded by another personal sin, then you must confess and deal with the sin (Genesis 4:6-7; Saul).

If the anger is accompanied by any words or action not motivated by a love for God and inflicts needless pain on others.

An anger that was righteous cleansed the temple and liberated oppressed would-be worshipers, an anger that is unrighteous leaves pain its wake.

If I am controlled by anger (Genesis 4:6-7)

**A fool gives full vent to his anger, but a wise man keeps himself under control.
(Proverbs 29:11)**

3. An Urgent Conclusion to Anger.

4. An Unintended Consequence of Anger.