

# The Dangerous & Destructive Effect of Sinful **Anger**

John Bott

## \* Expressions of sinful anger:

Eph. 4:31: *Let all...wrath and anger be put away from you...*

*Wrath* - A blaze of \_\_\_\_\_ anger; quickly kindled and quickly dead.

This is the picture of the man who *blows up*.

His method of dealing with anger is *ventilation*.

Proverbs 29:11

It is *indignation*, a \_\_\_\_\_, explosive temper.

Proverbs 27:4

It is an *uncontrolled* and \_\_\_\_\_ reaction.

*Anger* – This is *inward* anger.

It is long lasting, slow burning, refuses to be pacified, and nurses itself to keep it alive.

This is the picture of the person who clams up.

His method of dealing with anger is *internalization*.

It is a \_\_\_\_\_ or *abiding* condition, frequently with a **view to taking revenge**.

If any distinction is intended here, then the first signifies an indignant outburst of rage while the second points to a steady festering or seething of anger. Both are destructive of harmony within the body of Christ and must be put away.

O'Brien, P. T. (1999). The Letter to the Ephesians (p. 350).

**\* Examples of sinful anger:**

- **Cain:** Genesis 4:1-8
- **Moses:** Numbers 20:1-13; Psalm 106:32-33
- **Saul:** I Samuel 18:6-9; 20:1-34
- **Jonah:** Jonah 4
- **Asa:** II Chronicles 16:1-10

None of these men were angry because God had been offended. The motivation behind the anger of every one of these men was self-seeking and self-serving. Contrast that with Saul in 1 Samuel 11:1-11 and Christ in Mark 11:15-19.

*Anger can be righteous when the displeasure is aimed at the same things God is displeased with. Most anger is sinful anger, however, because we are concerned about our own interests – not God's.*  
(Jim Berg)

## **\* Christ Forbids Sinful Anger:**

In Matthew 5:21-26, the Lord tells us why we must overcome sinful anger in verses 21-22. He then goes on to tell us what will happen if we don't in verses 23-26.

**The Reasons are \_\_\_\_\_: You must overcome Sinful Anger! (21-22)**

A. Sinful anger is a sin against God. (21-22)

B. Sinful anger is a sin against man. (22)

**The Ramifications are \_\_\_\_\_: You must overcome Sinful Anger! (23-26)**

A. Your \_\_\_\_\_ will be wasted. (23-24)

You must \_\_\_\_\_ to the offended person.  
(24)

You must \_\_\_\_\_ with the offended person. (24)

B. Your \_\_\_\_\_ will be tainted.

Ecclesiastes 7:9

Proverbs 14:17

Proverbs 14:29

Proverbs 29:11

Proverbs 22:24-25

C. Your \_\_\_\_\_ will be strained. 25-26

Proverbs 15:1

Proverbs 15:18

Proverbs 19:12

Proverbs 14:17

Proverbs 18:19

Proverbs 19:19

D. Your God-given \_\_\_\_\_ will not be accomplished.  
James 1:20

*The anger of man does not achieve the righteousness of God.*

**\* Steps to Victory over sinful anger:**

1. A \_\_\_\_\_ that it is a problem in your life. Psalm 51:3;  
Proverbs 28:13
2. A \_\_\_\_\_ for forgiveness. Matthew 5:24
3. A \_\_\_\_\_ the problem. Ephesians 4:31.
  - a. A \_\_\_\_\_ the Word of God to your life.  
Psalm 119:11
  - b. Be A \_\_\_\_\_. Proverbs 27:5-6
  - c. A \_\_\_\_\_ set-ups.
  - d. A \_\_\_\_\_ God. Psalm 103:19