

James 1:19,20 (NKJV)

“So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.”

Be Angry and Sin Not

Instructions on controlling anger from Ephesians 4:26-32



Ephesians 4:26 (NKJV)

“Be angry, and do not sin”: do not let the sun go down on your wrath,”

Ephesians 4:31 (NKJV)

“Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.”

Romans 11:33 (NKJV)

“Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgments and His ways past finding out!”

Ephesians 4:26 (NKJV)

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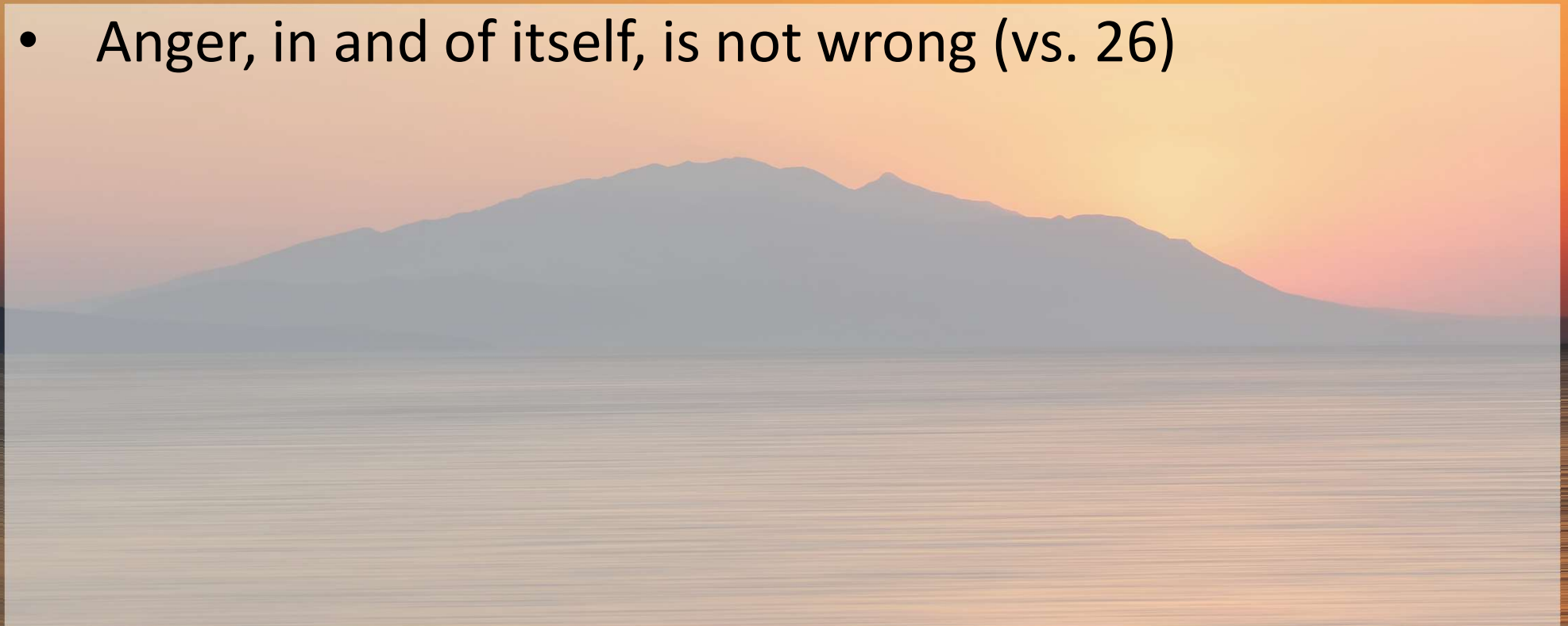
Psalm 119:160 (NKJV)

“The entirety of Your word is truth, And every one of Your righteous judgments endures forever.”

Be Angry and Sin Not

Instructions on controlling anger from Ephesians 4:26-32

- Anger, in and of itself, is not wrong (vs. 26)



Ephesians 4:26 (NKJV)

“Be angry, and do not sin”: do not let the sun go down on your wrath,”

Psalm 7:11 (NKJV)

“God is a just judge, And God is angry with the wicked every day.”

Exodus 4:14 (NKJV)

“So the anger of the LORD was kindled against Moses, and He said: "Is not Aaron the Levite your brother? I know that he can speak well. And look, he is also coming out to meet you. When he sees you, he will be glad in his heart.”

Numbers 11:1 (NKJV)

“Now when the people complained, it displeased the LORD; for the LORD heard it, and His anger was aroused. So the fire of the LORD burned among them, and consumed some in the outskirts of the camp.”

Mark 3:1-5 (NKJV)

“And He entered the synagogue again, and a man was there who had a withered hand. So they watched Him closely, whether He would heal him on the Sabbath, so that they might accuse Him. And He said to the man who had the withered hand, "Step forward." Then He said to them, "Is it lawful on the Sabbath to do good or to do evil, to save life or to kill?" But they kept silent. And when He had looked around at them with anger, being grieved by the hardness of their hearts, He said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored as whole as the other.”

John 2:13-17 (NKJV)

“Now the Passover of the Jews was at hand, and Jesus went up to Jerusalem. And He found in the temple those who sold oxen and sheep and doves, and the moneychangers doing business. When He had made a whip of cords, He drove them all out of the temple, with the sheep and the oxen, and poured out the changers' money and overturned the tables. And He said to those who sold doves, "Take these things away! Do not make My Father's house a house of merchandise!" Then His disciples remembered that it was written, "Zeal for Your house has eaten Me up."”

Be Angry and Sin Not

Instructions on controlling anger from Ephesians 4:26-32

- Anger, in and of itself, is not wrong (vs. 26)
- Anger is dangerous (vs. 27)



Ephesians 4:26,27 (NKJV)

“Be angry, and do not sin”: do not let the sun go down on your wrath, nor give place to the devil.”

Proverbs 19:19 (NKJV)

“A man of great wrath will suffer punishment; For if you rescue him, you will have to do it again.”

Proverbs 22:24,25 (NKJV)

“Make no friendship with an angry man, And with a furious man do not go, Lest you learn his ways And set a snare for your soul.”

Proverbs 14:17 (NKJV)

“A quick-tempered man acts foolishly, And a man of wicked intentions is hated.”

Ecclesiastes 7:9 (NKJV)

“Do not hasten in your spirit to be angry, For anger rests in the bosom of fools.”

Proverbs 29:22 (NKJV)

“An angry man stirs up strife, And a furious man abounds in transgression.”

Proverbs 30:33 (NKJV)

“For as the churning of milk produces butter, And wringing the nose produces blood, So the forcing of wrath produces strife.”

Be Angry and Sin Not

Instructions on controlling anger from Ephesians 4:26-32

- Anger, in and of itself, is not wrong (vs. 26)
- Anger is dangerous (vs. 27)
- Anger must be controlled (vs. 26,27)

Ephesians 4:26,27 (NKJV)

“Be angry, and do not sin”: do not let the sun go down on your wrath, nor give place to the devil.”

James 4:7 (NKJV)

“Therefore submit to God. Resist the devil and he will flee from you.”

James 1:19,20 (NKJV)

“So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.”

Psalm 4:4 (NKJV)

“Be angry, and do not sin. Meditate within your heart on your bed, and be still. Selah”

Matthew 5:22 (NKJV)

“But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment. And whoever says to his brother, 'Raca!' shall be in danger of the council. But whoever says, 'You fool!' shall be in danger of hell fire.”

Proverbs 25:28 (NKJV)

“Whoever has no rule over his own spirit Is like a city broken down, without walls.”

Proverbs 14:29 (NKJV)

“He who is slow to wrath has great understanding, But he who is impulsive exalts folly.”

Proverbs 16:32 (NKJV)

“He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city.”

Be Angry and Sin Not

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- Anger, in and of itself, is not wrong (vs. 26)
- Anger is dangerous (vs. 27)
- Anger must be controlled (vs. 26,27)
- Letting anger cause us to act in sinful ways is unacceptable (vs. 31)

Ephesians 4:31 (NKJV)

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- We control anger by treating others the way we should (vs. 32)

Ephesians 4:32 (NKJV)

“And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.”

Romans 12:19-21 (NKJV)

“Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord. Therefore "If your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head." Do not be overcome by evil, but overcome evil with good.”

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- We control anger by treating others the way we should (vs. 32)

Matthew 11:28-30 (NKJV)

“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

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