

Faith at home... Replace Anger with Self-control  
Ephesians 4:26-27

Cleaning a house, a deep cleaning Build and clean or destroy and pollute or homes.

What does not fit well with our new home? Lying, anger...

Our new home life. Guidelines for conduct in our new place home

Replace lies with telling the truth

Replace anger with self-control

Replace stealing with giving

Replace foul talk with edification

Replace forms of anger with kindness

The supreme virtue is Love: imitating Christ

harm caused by vices What is not fitting for a Christian

Don't sin by letting anger control you. Don't let the sun go down while you are still angry,  
for anger gives a foothold to the devil. NLT

A renewed mind leads to replacing anger with self-control.

PRAY

Hey you why do you get so mad? Create a fictional story of getting angry, the spiral of anger  
Anger does not resolve sin, but incites sin and multiplies it.

Wow I'm not going to that church the pastor points out peoples sins. A pastor should be calling  
out "don't do that you will die" Any church that doesn't point out sins is problematic.

Don't sin by letting anger control you.

Not a command to be angry as some translations seem to state because of the Greek wording,  
but instead this is stating to not sin in your anger.

We all know people who are just angry bad tempered people; "All that hate is going to eat you up"

Having a bad temper is not fitting for the faith at home.

It is not saying we should not feel angry. Don't let anger gain control of you.

Teaching to students "If you have anger issues don't go into ministry until they are settled" dad  
A great way to discredit our Christian testimony

Anger itself is not sin as we will see here in Scripture,

it is when anger takes root, the effects of anger can lead to many destructive sins.

Anger can arise in people when they get attacked, rejected, stresses,  
overwhelmed, annoyed, guilty, hurt, offended, disappointed.

At times of anger will arise within us, it is important what we do with it.

If we let it harbor within us it can fester and eats away godliness.

Holding a grudge, wounded pride, harboring resentment, self-righteous  
sinful motives leads to hatred, cruelty, slander, and even murder.

So why do you get so angry? What is the cause? Again it is a heart issue-sinful people.

Incorrect view of God

Trust God (stress, overwhelmed) Justice of God (hurt, attacked)

And a deficiency of a person's self-image.

There are 2 primary types of anger:

### Righteous anger

Looking in the OT God does get angry, angry over man's sin more than 300 times.

Ps 7:11 God is a righteous judge, a God who displays his wrath every day.

God's wrath rests on the sin and the sinner. 14x alone in the first 50 psalms.

Anger itself is not sin. The just anger of God is not sin, yet His anger is not the height of who he is, and it's not his final word. Righteous anger brings about "redemptive fruit"

God is just, but He is more than just, He is grace and mercy.

He has, and we should have a righteous anger against sin and evil in our lives and in this world.

Notice I said "in our lives" first.

Be angry with your own sin. With our lack of self-discipline to kill sin.

Holy anger leads to cleaning out our hearts of anything that can lead to sin.

replacing lies with truth, anger w/ self-control, laziness w/ giving, foul talk w/ words to buildup

### Righteous anger also feels grief over brokenness and injustice

because it is an expression of love Mark 3:1-5

For some of us anger is not an issue, our problem may lie in not being angry with injustice.

It is possible today that Christians are a little too tolerant of gross evil.

Are we not angry that millions of unborn are killed each year. This should anger us.

Are we not angry that human trafficking is happening. This should anger us.

Are we not angry over the way evil offends God and destroys people. This should anger us

Are we not angry This should anger us

In righteous anger we join God in a fight against evil

moving us toward prayer and deeds of love and faith bringing about redemptive fruit.

Righteous anger reflects something beautiful about the Church and God.

Unrighteous anger reflects something ugly about the Church and lies about God.

The other type of anger is...

### Human anger

Sinful anger is characterized by the self-oriented pain of self-pity and hurt that has not been resolved or relinquished to God.

This is not a godly grief over sin but an anger is that leads us towards selfishness and harming others in withdrawal, irritability, rudeness, stubbornness, and bitterness.

This does not bear redemptive fruit and alienates us from God.

When human anger takes root it can lead to many destructive sins.

James 1:19-20 ...take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. Be honest and quickly deal with our anger because human anger does not produce the righteousness that God desires.

Don't sin by letting your anger after the Super Bowl control you.

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If you have anger, do not mix anger with sin, why?

For anger gives a foothold to the devil.

Satan loves to use our anger to destroy us and others.

The devil is looking for ways to bring spiritual failure in God's people 1 peter 5:8.

If he was bold enough to tempt Jesus to sin, don't be arrogant to think you are out of his reach...  
resist him and flee.

Foothold means place- *topos*. Here is the picture of letting the devil into our house and dwelling and allowing him to inhabit a room and gaining a foothold into our lives.

If you give him any place he will come and try to take every place.  
If you stew on it too long and the devil will do his work in our sinning.  
The devil will turn anger into a grudge, hatred, and unwillingness to forgive.  
Do not let your anger turn into his sinister ways resist him.

#### How to manage anger in our new home?

God has engineered a way of dealing with sin and anger.  
Here are a few Biblical ways to deal with anger:

What is spoken of here is that it must be dealt with soon

Don't let the sun go down while you are still angry.

If we do get angry do it without sinning by keeping short accounts.

How to stop it. Set a time limit on your anger. Don't let it fester. Anger should die every night.

Don't let it smolder and burn and burst into flame. In time bitterness turns into resentment.

It is not good to sleep on our anger, don't carry over your irritations in too days and weeks.

Don't go to bed with your anger. It will harm you, not heal you. It will betray you, not vindicate you. And it will not produce the justice or reconciliation you need.

The day must not end in bitterness toward another.

This is not say just avoid the pain or anger, avoidance can make the problem worse

If we do get angry do it without sinning by giving your anger to God.

Relinquishing anger, lay it before God and trust He will do his righteous activity.

God has given you emotions to lead you to Himself,

and to fashion you to change and be like Him.

Forfeit your fury to God. Repent and surrender it to the Lord.

If we do get angry do it without sinning by being self-controlled.

Clothe yourself self-controlled and with the awesome power of patience.

You may be tempted to be angry and let it get to you, don't... we must be slow to anger.

"Have restraint man" "quit flying off the handle"

1. Be self-controlled by yielding to the Spirit. Spirit controls it gal 5:22-23
2. Hang around those who are patient and control their anger
3. Get disciplined. We as a culture are becoming more and more less self-disciplined.

If we do get angry do it without sinning by reconciling with one another.

Reconciliation and unity is such a focus in Ephesians. It is hard to be harmonious in a relationship when there is anger within.

We should refuse to harbor bitterness or to hold grudges against one another, instead seek unity and reconciliation in our relationships

Don't go to bed angry delaying reconciliation for time will pass which almost always makes reconciliation harder.

Be quick to forgive and reconcile, be patient with the process of trust-building and full restoration. When damage has happened this does not mean things will instantly go back to the way they were before.

Today I want you to consider how to move toward a spouse, a parent or child, a friend, a co-worker that you once were close to but have allowed sin to separate you.

Confront your own sin, confess it to God and reconcile.

Lastly

If we do get angry do it without sinning by extending forgiveness.

If you have been hurt by another's injustice or anger, seek forgiveness in your heart

Deal with your anger immediately to keep relationship, not destroy it.

If possible extend forgiveness

The one who is slow to anger is better than the mighty,  
and the one with self-control is better than he who takes a city. Prov. 16:32

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Benediction      Romans 12:16-21