

BIBLE BAPTIST CHURCH OF ERIE  
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SERIES #4 CHALLENGING YOUR GIANTS  
"CHALLENGING THE GIANT OF ANGER"

**Eph 4:26-31**

Like David in the Bible, we face giants every day. Some seem to be easy to conquer, but others seem to conquer us. Last week I spoke about the giant of BITTERNESS and how its roots can go very deep. Today, I want to speak about the giant of anger and look again at what Paul says to the **Ephesians 4:26-27** about anger. We are now hearing new terms to describe uncontrollable anger.

**Road rage** is a term used to describe our reactions to those who we feel are unfit to drive on the highways.

**Air Rage** is a term used to describe disgruntled passengers who are growing increasingly upset with the airline industry.

We must learn how to deal with our anger! Because, we need to understand that ANGER is one letter short of DANGER. *Anger is an acid that harms the vessel in which it is stored more than the person on whom it is poured.*

As I studied the Bible about the subject of anger, I discovered that there are 4 types of anger dealt with in the Bible that we are going to examine this morning.

**I. SUDDEN ANGER IS TO BE CONTROLLED**

First of all, there is the giant of sudden anger, and the Bible says that sudden anger is to be controlled. Look at the **Book of Proverbs 14:17; 15:18; 18:13; 19:19**. So, we need to recognize that we have a problem with temper. As long as we deny it, as long as we blame it on heritage or short-fuse or whatever we choose to blame it on, we'll never improve. The Bible teaches that when the Holy Spirit guides our life, that one **fruit of the spirit is self-control**. And if you have a sudden temper, you need to control it. Then secondly –

**Challenging the Giant of ...**

**II. SINFUL ANGER IS TO BE CONDEMNED**

The second type of anger discussed in scripture is **sinful anger**. Anger is one of Satan's strategies for getting you out of the will of God. The word translated "**place**" (**Eph.4:27**) or foothold can mean possibility or opportunity. So, let me give you some tests this morning to help you determine whether your anger is sinful or not.

1. Is it anger directed towards a person?
2. Is it anger without a justifiable cause?
3. Is it anger that seeks vengeance?
4. Is it anger that is cherished?
5. Is it anger that has an unforgiving spirit?

Thirdly, we Challenge the Giant of...

**III. STUBBORN ANGER IS TO BE CONQUERED**

The third type of anger is stubborn anger. It is an anger that just stays there, day after day after day. One of the classic passages that deals with anger begins in **Ephesians 4:26**. The KJV says, "**Be ye angry, and sin not. Let not the sun go down on your wrath.**" And the next verse says, "**And do not give the devil a foothold.**" Then in vs. 31, Paul mentions what happens when Satan begins to do his dirty work. The first result is "**BITTERNESS**" You begin to think about all the bad things people do and say to you, all the insults, all of the inconsiderate things that go on. Then Paul says, "**After bitterness comes wrath/rage and anger.**" "**Wrath/Rage**" is bitterness boiling and bubbling inside of you. And "**anger**" is rage being expressed. It is no longer just inside you. Now you begin to kick the cat and hit the wall. Now you begin to say all kinds of things, until finally it becomes "**clamor/brawling**" which means "**shouting loudly,**" and "**slander**" or "**insults.**" Lastly there is .

**IV. SANCTIFIED ANGER MUST BE CHanneled IN THE RIGHT DIRECTION FOR GOD**

Finally, there is Sanctified anger. And that must be channeled in the right direction for God. Remember, **Ephesians 4:26** says, "**Be ye angry. . .**" It is okay to be angry, but do not sin. Let me read to you from **Mark 3:1-5**. Now we learn from Jesus Himself that Anger itself though is not a bad thing. There is such a thing as **righteous anger or indignation**. Remember that Jesus Himself could be angry (**Mark. 3:5**). Jesus was angry about people preventing God's Word from being freely shared (**Matt. 18:6**). When He overturned tables in the temple, He was not angry because His feelings were hurt, or because He felt ignored. He was angry when people were being hindered from worshiping the Father in His house (**John. 2:14-15**). Christ was angry because people opposed the issues about which God cares [**Matt. 23:13-36**]. His righteous anger was directed at injustice against people and sin against God. His anger was not about things done to Him, but about God. Maybe an infusion of anger is the very thing that the church needs. To become angry at the corruption of the world. To become angry at the forces of evil. To become angry at the **alcohol industry** that reaches into every segment of society. Become angry at the sex traffickers and drug dealers. Anger is an extremely powerful emotion for good or bad, but mostly is bad and that is why the Bible instructs us to deal quickly with this potentially destructive emotion. **James 1:19-20** says: "**Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God.**" The apostle Paul understood the negative potential of this GIANT. Thus, he offered this advice on how to deal with it in

**Vs. 31-32 of Eph. 4.**