



**NO LIMITS**

WITH PASTOR DELMAN



# **CHECK YOURSELF BEFORE YOU WRECK YOURSELF**

S E R M O N   G U I D E

## Check Yourself Before You Wreck Yourself

*Ephesians 4:25-32*

### INTRODUCTION

In today's key passage in Ephesians, Paul is doing some cognitive restructuring. He is trying to reframe anger in our minds. He's trying to tell people then and us now that anger is a gift that God has given us. It's the fuel that God puts in our emotional tank to help us advocate for what matters to us. It's to prompt us to speak up for ourselves, for the less fortunate, and for our values. And so, Paul says, "Be angry" and learn to have a healthy relationship with this God-given emotion. For this to happen, you need to follow three steps, which is what we're going to discuss in this message.

### KEY POINTS

#### 1. Welcome Your Anger

Cognitive restructuring for the Christian means realizing that there's nothing particularly sinful or wrong about getting angry. So, welcome your anger. In fact, start getting to know this often-shunned member of your emotional family. Don't become alarmed when you get angry, and don't think there is anything wrong with you. God gave you that emotional capacity, so rather than demonizing it, welcome it. The issue is not whether we have anger. The issue is whether the anger has us. That's what Paul goes on to say. "Be angry," welcome the emotion, just don't let it cause you to sin.

#### 2. Don't Be Controlled By Your Anger

What Paul wants you to know is that your anger isn't the issue. It's what you do with it that matters. I've discovered that anger can be like a hot potato, and if you hold it too long, you just might get burned or burn someone else.

In today's key verses, Paul is quoting from Psalm 4:4 where the Lord tells David, "*Be angry, and do not sin,*" after his son Absalom had raped his daughter and committed fornication with his wives. David was angry, but he did not sin. He meditated in his heart on his bed and kept still. Because he welcomed his anger, he was able to put a buffer around his emotions that prevented him from getting out of control.

Paul is making that same point. Be angry, but don't let your anger get the best of you; don't let it boil over into sinful behavior.

### NOTES

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**3. Process Your Anger In A Healthy Way**

Paul says something in our key passage that many people misinterpret. He says, “*Be angry, do not sin, and don’t let the sun go down on your anger,*” and many assume what he means is don’t go to sleep until the issue gets resolved. And so, they teach people if there’s an argument, you can’t go to bed, even if you have to miss work the next day until you resolve the issue.

I don’t think it means that. I think it’s a metaphor. What happens when the sun goes down? Well, our ability to see clearly dissipates and diminishes. So, I think what Paul’s saying is don’t let the light that can help you understand what’s causing you to be angry go away. It’s okay to be angry, but keep your anger exposed to the light, and that light is Jesus. Let Him help you process your anger in a healthy way so you can be angry and not sin.

**NOTES**

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**QUESTIONS TO CONSIDER**

1. How do you usually express your anger? Is there anything you'd like to change about the way you show anger?
2. Before today's sermon, did you believe that being angry was a sin? Why or why not?
3. What is one practical step you can take to start processing your anger in a healthy way?

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