

## **Sermon Notes and Discussion Questions: Love is not Angry**

What messages about expressing anger were you given in your home as you were growing up? How did adults in your home express anger? How did the anger you witnessed effect you?

Confront anger in life in 5 steps  
- Ephesians 4:25-32

### 1. Put away falsehood

4:25 Therefore, putting away lying, “Let each one of you speak truth with his neighbor,” for we are members of one another.

The Greek word for “falsehood” literally refers to the masks that were used in Greek theatre. What does this verse say about our need to be real with each other?

Why do we try to hide our pain? Why is it sometimes difficult to be honest about our feelings?

### 2. Deal with it

26 “Be angry, and do not sin”: do not let the sun go down on your wrath, 27 nor give place to the devil.

Do you hold the view that being angry is ungodly? Explain.

“Be angry” is in the Greek imperative tense used for commands or direct instructions. In this passage God actually commands us to be angry!

God created our emotions—including anger—for our benefit. But when we don’t use emotions properly, we can do a lot of damage to ourselves and to others. The Bible has plenty to say about how to handle our emotions the right way. Ephesians 4:26 shows us that anger isn’t necessarily a sin.

What are some ways we express anger that may cause us to sin against God or hurt others? What ways can we express anger that is not sin?

Paul explained that poorly managed anger offers the devil a “topos”—a plot of land in our lives. He uses that “topos” as a military base from which to launch more attacks into our lives and relationships. Unhealthily managed anger becomes ammunition for the devil’s weapons in spiritual warfare.

### 3. Watch your words

29 Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

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

In Ephesians 4:29, the word for “unwholesome” means “rotten.” How does anger turn to rottenness?

#### 4. Embrace action not reaction

30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

What does suppressed anger eventually become? Do you tend to hold anger in, or explode with anger? Both methods can be devastating.

The results of implosive anger are passive-aggressive behavior, physiological and emotional stress, resentment, and bitterness. Imploders typically keep score, so the potential for a delayed explosion from a dormant volcano is always there. Explosive anger is the other unhealthy, ungodly management technique. It's characterized by uncontrolled fury that may manifest in verbal and/or physical abuse. Paul advised us to deal with anger promptly before it spreads.

#### 5. Heal from hurt

32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

What is it in your life that you need to ask forgiveness for? Where do you need to grant forgiveness?

Deal with anger in your family. How can you model godly anger and conflict resolution in your family?

Deal with anger in your church.

How are disagreements to be handled in the church?

Read Matthew 18:15-17