

Colossians 3:5–17

A stress fracture forms when repeated pressure creates a deep break beneath the surface.

Anger is one of the most common spiritual stress fractures, often rooted in a quiet disappointment with God.

Three Truths About Anger

- 1) Everyone experiences anger.
- 2) Anger is a legitimate emotion. Jesus became angry without sinning (Matt. 23; Mark 3; John 2; Mark 10; John 11).
- 3) Anger cannot be avoided, (only managed).

Five Expressions of Anger (Col. 3:8)

Anger – internal simmering

Rage – explosive outbursts

Malice – mental rehearsal of harm

Slander – damaging speech

Filthy Language – abusive, degrading words

Words can wound deeply. Many carry lifelong scars from what was spoken to them.

Putting Off the Old Self (Col. 3:9–10)

We must intentionally remove old patterns.

If we don't put off the old self, the stink shines through.

The New Community (Col. 3:11)

In Christ, the deepest human boundaries fall:

Racial: Greek / Jew

Religious: Circumcised / Uncircumcised

Cultural: Barbarian / Scythian

Social: Slave / Free

If Christ can overcome these, He can overcome the resentments in our homes and relationships.

Putting On the New Self (Col. 3:12–14)

Clothe yourselves with:

Compassion Kindness Humility Gentleness Patience Forgiveness Love

Forgiveness is a choice.

Forgiving is not forgetting.

Forgiveness is costly, but freeing.

Three Tools for Managing Anger (Col. 3:15–17)

Let the Peace of Christ Rule; let Christ be the umpire of your heart.

Let the Word of Christ Dwell; Scripture is a powerful antidote to anger.

Do Everything in Jesus' Name; before reacting, ask:

“Can I do this in Jesus' name?”

Practical Steps

Assess your anger: Why am I so angry? Is my reaction proportional?

Offer forgiveness: As Christ forgave you—before you apologized.

Apologize quickly: Humility heals relationships.

Accept help: Growth takes time. We're not in heaven yet.

Key Takeaway

Anger doesn't have to rule your life.

Through Christ, you can grow, heal, and become who God is shaping you to be.