

**Ephesians 4:26-27**  
**“How to Win Over Sin (anger) Pt. 4”**

**Anger** = bitterness, resentment, frustration and the anger turn into murder, road-rage, outburst of wrath.

**Introduction**

Chapter 1-3 is who we are in Christ.

Starting in Chapter 4 is how we are to walk as Christians.

Last week we saw the 3 things Paul by the Holy Spirit tells us is possible as born-again believers:

1. Put off or take off the Old man (vs. 22)
2. Renew you mind (vs. 23)
3. Put on the New man (vs. 24)

In verse 25-32 Paul is going to break down some specific areas and attitudes we are to have.

In verses 25-32, he breaks down 4 areas:

1. Honesty or lying (vs. 25)
2. Anger (vs. 26-27)
3. Stealing
4. Tongue

Notice he will give us on each of these areas:

1. Negative
2. Positive
3. The reason why

**We will discover that the answer to overcoming all these obstacles is the work of the Holy Spirit.**

**Don't forget God never gives us a command that He has not already made a way for us to carry out and that is only by "His grace".**

**Quote:**

**“With God's commands are also His enablement's”**

- In your flesh, these things cannot be done!
- But by the power of the Holy Spirit all things are possible!!

Last time we looked at the issue of lying or honesty and we learned:

1. Negative – don't lie to one another
2. Positive – but speak the truth to one another
3. The reason why – because we are members of one another

**Now, today we pick up in verse 26-32w:**

**4:26-27 Put off, “unjust, prolonged anger”...watch out satan wants to get you with this one**

**Eph 4:26-27**

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

**A. Be angry!!**

This surprises us, because he says, that we can be angry, but...  
It is not the being angry that is hurtful, but what you do with that anger.

**A couple of ways anger can be harmful is:**

1. **“Lashing out”** at someone else.

We should take all our complaints to the Lord and not man.

**Gal 5:19-20**

19 Now the works of the flesh are evident, which are.....20..... **outbursts of wrath**, selfish ambitions, .....

**James 1:19**

19 So then, my beloved brethren, let every man be swift to hear, slow to speak, **slow to wrath**; 20 for the **wrath of man does not produce the righteousness of God**.

2. **That your anger is not the kind of anger of “human selfishness” :**

- Someone steps in front of us in line
- We feel that someone has taken advantage of us
- When someone doesn't treat us as important as we really are

**Gal 6:3**

3 For if anyone thinks himself to be something, when he is nothing, he deceives himself.

**Phil 2:3-4** (the mind that was in Christ while on earth in human flesh)

3 Let nothing be done **through selfish ambition or conceit**, but **in lowliness of mind let each esteem others better than himself**.

4 Let **each of you look out** not only for his own interests, **but also for the interests of others**.

**There are times when it is ok to be angry, and it is not sin.**

- To be angry at injustice
- To be angry at abuse
- To be angry when people are being led astray to heresy

**Example:** (Brian – who works with a ministry against “sex slavery”)

**Jesus gave us such an example:**

He was angry at:

- Hypocrisy
- Legalism
- dishonesty - about the spiritual health in the inner-man (spiritual wealfare)

**1. Jesus was trying to minister to a crippled man who was heavy with sin and guilt.**

**Mark 3:5**

5 And when **He had looked around at them with anger**, being grieved **by the hardness of their hearts**, He said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored as whole as the other.

**2. Jesus cleansed the temple of their hypocrisy and thievery**

**Matt 21:12-13**

12 Then Jesus went into the temple of God and drove out all those who bought and sold in the temple, and overturned the tables of the money changers and the seats of those who sold doves.

13 And He said to them, "It is written, 'My house shall be called a house of prayer,' but you have made it a 'den of thieves.' "

**John 2:15-17** (Jesus made a whip and drove them out)

15 When He had made a whip of cords, He drove them all out of the temple, with the sheep and the oxen, and poured out the changers' money and overturned the tables. 16 And He said to those who sold doves, "Take these things away! Do not make My Father's house a house of merchandise!"

17 Then His disciples remembered that it was written, "Zeal for Your house has eaten Me up."

**3. Jesus greeted the Pharisees, a legalistic system that burdened the people**

**Matt 23:1-7**

1 Then Jesus spoke to the multitudes and to His disciples,

2 saying: "The scribes and the Pharisees sit in Moses' seat.

3 "Therefore whatever they tell you to observe, that observe and do, but do not do according to their works; for they say, and do not do.

4 "**For they bind heavy burdens, hard to bear, and lay them on men's shoulders; but they themselves will not move them with one of their fingers.**

5 "But all their works they do to be seen by men. They make their phylacteries broad and enlarge the borders of their garments.

6 "They love the best places at feasts, the best seats in the synagogues,

7 "greetings in the marketplaces, and to be called by men, 'Rabbi, Rabbi.'

**Matt 23:25-28**

25 "Woe to you, scribes and Pharisees, hypocrites! For you cleanse the outside of the cup and dish, but inside they are full of extortion and self-indulgence.

26 "Blind Pharisee, first cleanse the inside of the cup and dish, that the outside of them may be clean also.

27 "Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs which indeed appear beautiful outwardly, but inside are full of dead [men's] bones and all uncleanness.

28 "Even so you also outwardly appear righteous to men, but inside you are full of hypocrisy and lawlessness.

**Matt 23:33**

33 "Serpents, brood of vipers! How can you escape the condemnation of hell?

**Note:** (Jesus, following these words, wept and prayed for them)

**Matt 23:37-39**

37 "**O Jerusalem, Jerusalem, the one who kills the prophets and stones those who are sent to her! How often I wanted to gather your children together, as a hen gathers her chicks under her wings**, but you were not willing!

38 "See! Your house is left to you desolate;

39 "for I say to you, you shall see Me no more till you say, 'Blessed is He who comes in the name of the LORD!' "

**We see that Jew was angry but not sinning in His anger.**

**His anger did not turn into "condemnation" but concern.**

**It did not turn on a "lashing out at man", but it turn into a very sincere, heartfelt time of prayer with weeping.**

**John 3:17**

17 "For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

**B. Do not let the sun go down on your wrath**

We should not go to sleep with a heart full of anger and/or wrath.

**Quote:**

"Let the day of your anger be on the same day as your reconciliation"

**Quote:**

We must learn to “Keep short accounts”. (close the account by the end of the day)

**Note: (tip of the day)****Action plan for anger at night:**

It also helps to have a “**healthy plan of action**” when it is time to go to bed, and you are frustrated and angry.

**Example:**

**In the Marriage, Dating, other Friendships:** (you need to come to agreement on...)

1. “We are not going to be able to resolve this tonight, we are tired, hurt and angry, let’s pray for blessings on each other and say, we love each other and we will agree to continue this discussion at a better time”
2. “And also, if we can’t resolve this on our next discussion we will get some outside advice or counsel from (*whoever you agree upon*), as soon as possible”.

**C. Nor give place to the devil**

I like the (NIV) translation on this verse:

**Eph 4:27 (NIV)**

27 and do not give the devil a foothold.

Peter warns us of such a thing:

**1 Peter 5:8**

8 Be sober, be vigilant; because **your adversary the devil walks about like a roaring lion, seeking whom he may devour.**

**Satan looking for such opportunities:**

Satan was looking for a time; when Jesus was finished with the temptation in the wilderness at the beginning of His ministry.

It says of Satan’s strategy:

**Luke 4:13**

13 Now when the devil had ended every temptation, **he departed from Him until an opportune time.**

**Satan is looking to bring division:**

Don’t let satan get a foothold to bring division.

In **Prov. 6:16,19** – division is an abomination to God)

**The Answer to combat this attack of “division” is love and grace:**

**1 Peter 4:8**

8 And above all things have fervent love for one another, for "love will cover a multitude of sins."

**Col 3:13**

13 bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.

**Satan and our own pride will keep tearing down, but we must continue to build up and have a continuous process to be reconciliation.**

**Anger in the heart can be damaging.**

Anger can turn into “**Bitterness**”, and also it usually manifests itself in a “self-righteousness”, which can destroy others and yourself.

**Heb 12:14-15**

14 Pursue peace with all people, and holiness, without which no one will see the Lord: 15 looking diligently lest anyone fall short of the grace of God; **lest any root of bitterness springing up cause trouble, and by this many become defiled;**

**Example:** (story of Ahithophel)

Do you remember this story about Bathsheba’s grandfather?

**2 Sam 23:34**

34 Eliphelet the son of Ahasbai, the son of the Maachathite, **Eliam the son of Ahithophel** the Gilonite,

**2 Sam 11:3**

3 So David sent and inquired about the woman. And someone said, "Is this not **Bathsheba, the daughter of Eliam**, the wife of Uriah the Hittite?"

**2 Sam 15:12**

12 Then Absalom sent for Ahithophel the Gilonite, **David's counselor**,

Here are two Psalms that refer to the hurt of this betrayal. Also, it is in the ultimate fulfillment with Christ and Judas.

**Psalms 41:9** (speaking of David – Ahithophel; Christ-Judas)

9 Even my own familiar friend in whom I trusted,  
Who ate my bread,  
Has lifted up his heel against me.

**Psalms 55:12-14** (speaking of David – Ahithophel; Christ-Judas)

12 For it is not an enemy who reproaches me; Then I could bear it. Nor is it one who hates me who has exalted himself against me; Then I could hide from him.

13 But it was you, a man my equal, My companion and my acquaintance.

14 We took sweet counsel together, And walked to the house of God in the throng.

**2 Sam 15:31**

31 Then someone told David, saying, "**Ahithophel is among the conspirators with Absalom.**" And David said, "O LORD, I pray, turn the counsel of Ahithophel into foolishness!"

**2 Sam 16:20-23**

20 Then Absalom said to Ahithophel, "Give counsel as to what we should do."

21 And **Ahithophel said to Absalom, "Go in to your father's concubines, whom he has left to keep the house; and all Israel will hear that you are abhorred by your father.** Then the hands of all who are with you will be strong."

22 **So they pitched a tent for Absalom on the top of the house, and Absalom went in to his father's concubines in the sight of all Israel.**

23 Now the advice of Ahithophel, which he gave in those days, was as if one had inquired at the oracle of God. So was all the advice of Ahithophel both with David and with Absalom.

**2 Sam 17:1-4**

17:1 Moreover **Ahithophel said to Absalom, "Now let me choose twelve thousand men, and I will arise and pursue David tonight. 2 I will come upon him while he is weary and weak, and make him afraid. And all the people who are with him will flee, and I will strike only the king.** 3 Then I will bring back all the people to you. When all return **except the man whom you seek,** all the people will be at peace." 4 And the saying pleased Absalom and all the elders of Israel.

**2 Sam 17:14**

14 So Absalom and all the men of Israel said, "**The advice of Hushai the Archite is better than the advice of Ahithophel.**" For **the LORD had purposed to defeat the good advice of Ahithophel,** to the intent that the LORD might bring disaster on Absalom.

**2 Sam 17:23** (he responds in a very deep bitterness, totally in control)

23 Now **when Ahithophel saw that his advice was not followed,** he saddled a donkey, and arose and went home to his house, to his city. Then he put his household in order, **and hanged himself, and died;** and he was buried in his father's tomb.

**Conclusion****He gave us:**

1. Negative – Don't be angry in a sinful way
2. Positive – There is a righteous anger, but keep an eye on it, to make sure it does devolve.
3. The reason why – Don't let satan through anger (turning into bitterness, resentment, wrath, etc.) get a "foot hold" in your marriage, family, church, friendships, etc. and then cause division.

**Quote:**

"Any fool can get or be angry, but to be angry for the "right reason", in the "right time", in the "right place" and in the "right way" can be very hard".