

<sup>26</sup>*Be angry, and {yet} do not sin; do not let the sun go down on your anger,* <sup>27</sup>*and do not give the devil an opportunity.*

Ephesians 4:26-27 (NAS)

## **Introduction: How to Be Good and Mad**

- Anger is a channel to maximize your potential in Christ.
- God's agenda for your life is for you to trust Him.
- What's at stake – God gave you this gift of anger to transform your life to make you like Christ.

### **I. God commands us to express our anger.**

Ephesians 4:26a (NIV)

II. God commands us to express our anger appropriately.

Ephesians 4: 26b (NIV)

III. Righteous Indignation: How God Used Anger

- Jesus was visibly angry. Mark 3
- Jesus was verbally angry. Matthew 23
- Jesus was physically angry. Mark 11

IV. God commands us to resolve our anger before bedtime.

Ephesians 4:26c-27(NIV)

Anger Resolution = “Healing the Wound” so good things can happen.

- **Step #1 – Cleanse the Wound**

*Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.*

Ephesians 4:31(NIV)

**HOW?**

\_\_\_\_\_ and \_\_\_\_\_ of unresolved anger!

- **Step #2 – Treat the Wound**

<sup>32</sup>*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

Ephesians 4:32 (NIV)

**HOW?**

Extend \_\_\_\_\_ and seek \_\_\_\_\_ !

As far as it depends on you!

- **Step #3 – Bandage the Wound**

<sup>1</sup>*Be imitators of God, therefore, as dearly loved children*  
<sup>2</sup>*and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.*

Ephesians 5:1-2 (NIV)

**HOW?**

Put the \_\_\_\_\_ behind you!

## **Discussion Questions:**

1. In what areas do you see the need to be more expressive in your anger?
2. What safeguards can help you express your anger yet do so appropriately?
3. How is the example of Jesus helpful as you examine anger issues relevant to you?
4. What did you learn about anger resolution? Why is resolution so important?
5. Are there any anger issues or relationships in your life that need complete resolution? What steps are you willing to take?

## **Conclusion – Epilogue**

- Insights Gained
- Personal Strategies for Growth
- Theological Implications