

THE BEREANS

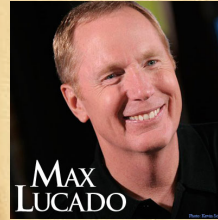
ACTS 17:11

Ephesians 4:25-31

Lesson #24

Anger and Insight

01/14/2017



“Lower your expectations of earth. This isn’t heaven, so don’t expect it to be.”

1

“How do you manage your anger?”

“That’s not one of my problems.”

Translation

“I repress it.”

“I’m not angry, I’m just intense.”

Translation

“I excuse it.”

“It shows me where to minister.”

Translation

“I use it to cast blame and shame.”

2

Broken people living in a broken world should expect to have troubled feelings:

Confusion
(subject focused)
“I am not sure!”

Frustration
(event focused)
“I am waiting!”

Anger
(object focused)
“He is late again!”



3

Three big issues that head Paul’s list of “walking in a manner worthy of our calling” (Eph.4:1).

Last two weeks

1. Managing our TONGUE.

This week and next

2. Managing our TEMPER.



4

Ephesians 4

“25 Therefore, laying aside falsehood, *speaking truth*, each one of you, with his neighbor, for we are members of one another. 26 **Be angry, and yet do not sin; do not let the sun go down on your anger,** 27 **and do not give the devil an opportunity.** 28 Let him who steals steal no longer; but rather let him labor, performing with his own hands what is good, in order that he may have something to share with him who has need. 29 Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, that it may give grace to those who hear. 30 **And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.** 31 **Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.** 32 **And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.”**

5

Ephesians 4

"²⁶ Be angry, and yet do not sin; do not let the sun go down on your anger, ²⁷ and **do not give the devil an opportunity**. . . . ³⁰ And **do not grieve the Holy Spirit** of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."

**We give the devil an opportunity
and grieve the Holy Spirit when we:**

- 1. Let anger simmer without closure.**
- 2. Fail to forgive & forebear with others.**

6

**Two areas where we can bless
the Spirit and rob the devil.**

This week

**Let our anger lead us to be
(a blessing for ourselves)**

Insight

Next week

**Let our anger lead us to be
(a blessing for others)**

Forgiveness

7

James 1:19

"But everyone must be quick to hear,
slow to speak and **slow to anger**;"

**Anger may not be avoidable,
but it can be managed.**

**One of the worst things we can do
in managing anger is:**

**to let it energize our behavior
before it enlightens our soul.**

8

**The devil wants our anger
to simmer into sin.**

Ephesians 4

"²⁶ . . . **do not let the sun go down on
your anger**, ²⁷ and do not give the devil
an opportunity."

**We must resolve our anger
and learn from it upfront
(before we act).**

9



Frank Sonnenberg
author & small business expert

"It's better
to have
problems at
the beginning
than at the
end."

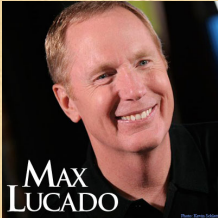
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Psalms 4:4

"Tremble (**with anger**) but do
not sin. Meditate in your
heart upon your bed and be
still."

**Good management comes by
resisting the temptation to respond
without giving time to meditate
and gain valuable insights.**


11



“conflict is inevitable, but combat is not.”

MAX LUCADO

12

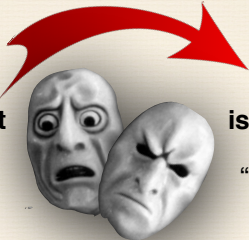


Phyllis Diller

“Don’t go to bed angry. Stay up and fight.”

“Don’t go to bed angry. Stay up, listen & learn.”

13



Anxiety
is a negative audit of the future.
“Something awful might happen.”

Anger
is a negative audit of the past.
“Something awful has happened.”


• Shame - “I blew it.” • Blame - “Someone else blew it.”

Anxiety and anger share three thing in common

- **false expectations,**
- **narrow perspective,**
- **confused priorities.**

14

Anger can lead to dangerous spiritual mischief.



*I needed . . .
I counted on . . .
I expected . . .*

It didn’t happen!

15

Anger can lead to dangerous spiritual mischief.



Blame

Shame

I had Goals.

My Goals were blocked.

16

Anger can lead to dangerous spiritual mischief.



Blame

Shame

“You are a bad person and cause my problem.”

“I am a bad person & worthless failure.”

17

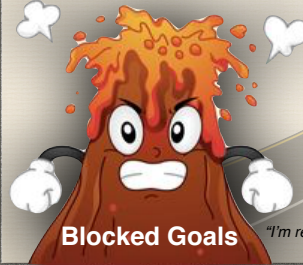


**"I wouldn't have to manage my anger,
if people would manage their stupidity."**

"Mistakes were made but not by me."

18

A hatred volcano becomes a Tornado



curse
"I make those I hate suffer!"

slander
"I'm destroying your reputation!"

malice
"I'm defaming you!"

clamer
"I'm exploding!"

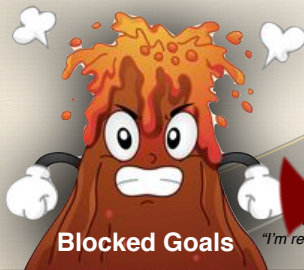
wrath
"I'm going to get you for this!"

bitterness
"I'm brooding over this!"

anger
"I'm ready to explode!"

19

**Anger
becomes
destructive if
left to simmer.**



curse
"I make those I hate suffer!"

slander
"I'm destroying your reputation!"

malice
"I'm defaming you!"

clamer
"I'm exploding!"

wrath
"I'm going to get you for this!"

bitterness
"I'm brooding over this!"

anger
"I'm ready to explode!"

MURDER

20

Getting off the path of anger that leads to danger.

1. **Resist** - "Put off" the old nature with its temptation to let anger simmer.
2. **Expectations** - Anticipate "trigger" issues and plan ahead as to how to respond.
3. **Perspective** - Contemplate where this can lead depending on your response.
4. **Priorities** - What would the devil like you to do? **DON'T DO IT!**

21

**Anger can lead to
valuable insights.**

**My
misplaced
goals
may be
exposed.**

**Needs of
others for
ministry may
be seen.**



**Opportunity to
model Christian faith,
hope, & love may be
revealed.**

**It can
increase my
empathy.**

**Issue in my
life that needs
attention may
come to light.**

22

blessing
"I will bless you!"

forbearance
"I will be patient with you!"

forgiveness
"I forgive you!"

repentance
"I am changing!"

insight
"I get it!"

self audit
"I am listening!"

anger
"I'm ready to explode!"

**Anger can
become a fountain
of Living Water for
our personal lives.**



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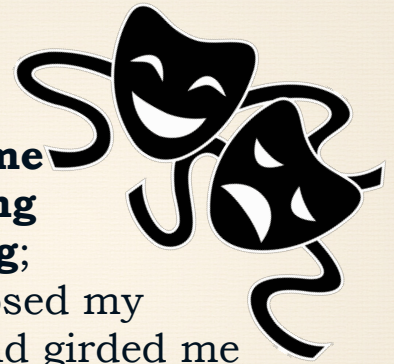
Starting on the path of learning through anger.

1. **Resist** - Stop and give yourself a chance to listen and think.
2. **Expectations** - Ask yourself "WHY am I angry (really)?" What goals have been blocked?
3. **Perspective** - What is God doing in the lives of all who are involved?
4. **Priorities** - How is the Spirit of Christ to be displayed (through me) in this?

24

Psalm 30:11

**"You have turned for me my mourning into dancing;
You have loosed my sackcloth and girded me with gladness,"**



25

Managing anger has a lot to do with:

- 1) the wisdom of our expectations
- 2) the breadth of our perspective.
- 3) the ordering of our priorities.

ANGER



26

Luke 10 (Mary and Martha)

"38 Now as they were traveling along, He entered a certain village; and a woman named Martha welcomed Him into her home. 39 And she had a sister who was sitting and listening to the Lord. But Martha was distracted with all her preparations; and she came up to Him and said, 'Lord, do You not care that I am here serving alone? Help me.' 40 The Lord answered and said to her, 'Martha, you are worried and bothered about these things; 42 but only one thing is necessary, really only one, for Mary has chosen the good part, which shall not be taken away from her.'"

Expectations, Perspective, Priorities

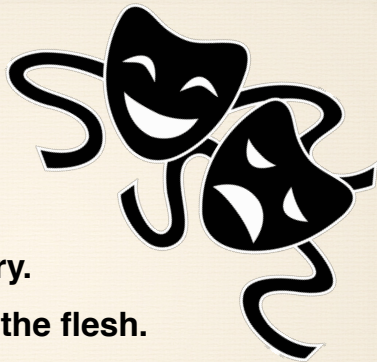
ANGER

Anxiety

Insight

27

Turning mourning into dancing



1. Martha and Mary.
2. Paul's thorn in the flesh.
3. Joseph's captivity in Egypt.
4. Jesus' crucifixion and resurrection.

28

God's post-its to His angry children



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