

The Battle for Our Emotions “Sinless Anger”

PERSONAL APPLICATION

Review the main lesson outline briefly

1. How does anger manifest itself in your life most (Point III of outline)? What do you think causes your anger most often (Point II of outline)? How is our anger different from God’s?

PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day
Write down your daily thought under each day

Monday – Ephesians 4: 17-28

Thought:

Tuesday – Ephesians 4:18-5:2

Thought:

Wednesday – Colossians 3:8-10

Thought:

Thursday – Genesis 6:5-7

Thought:

Friday – Genesis 32:7-22, 34:5-7

Thought:

Saturday – James 1:19-25

Sunday – “*Controlling Anger*”

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The Battle for Our Emotions *How to keep from becoming an emotional wreck!*



“Sinless Anger”

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Ephesians 4:17-5:2

- I. What is anger?** – Ephesians 4:26, 31 (Colossians 3:8)
- A. **Hostility** = a deep seated, usually mutual, ill will, conflict, opposition or resistance in thought or principle. (Webster’s dictionary)
 - B. Three Greek words used in Ephesians 4
 - 1. **“Orge”** (4:31-“anger”) = settled condition of the mind
 - 2. **“Thoomos”** (4:31 – “rage”) = burst of anger, rage, spur of the moment, short lived.
 - 3. **“Parorgismos”** – (4:26 – “anger”) = to be provoked.
- II. What can cause anger?** – (Dr. Gary R. Collins, “Christian Counseling, A Comprehensive Guide”)
- A. When one feels threatened
 - B. When one feels demeaned or put down
 - C. When one is blocked or hindered from progress toward a goal or desire.
- III. How does anger manifest itself?** – Ephesians 4:31
- A. Bitterness & Hatred – Hebrews 12:15
 - B. Outburst of rage
 - C. Revenge
 - D. Frustration
 - E. Evil speaking - gossip
- IV. What is “Sinless Anger?”** – Ephesians 4:26
- A. God is our example – Genesis 6:5-7, 32:7-22, 34:5-7
 - B. His anger is consistent with His love, mercy & forgiveness.

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- C. His anger is directed toward wrong doing & correcting it.
- D. His anger is controlled by Him.

NOTES