

What to Do about Your Anger

Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.

– Ephesians 4:26–27

Three Sober Warnings about Sinful Anger and Its Consequences:

1. Refuse to let your sin corrupt your anger (26a).
2. Refuse to let your anger outlive the day (26b).
3. Refuse to let your adversary gain a foothold (27).

Principles for Overcoming Anger

1. Acknowledge the Actual Sinfulness of Your Anger (Col 3:8)
2. Restrain the Full Expression of Your Anger (Prov 29:11; cf. Jas 1:19–20)
3. Consider the Destructive Consequences of Your Anger
 - a. Foolish Behavior (Prov 14:17a; cf. 14:29)
 - b. Social Contempt (Prov 14:17b)
 - c. Fractured Relationships (Prov 15:18; cf. 15:1; 29:22a)
 - d. Abundant Transgression (Prov 29:22b)
 - e. Constant Trouble (Prov 19:19)
 - f. Angry Children (Prov 22:24–25)
 - g. Physical Infirmities (Prov 14:29–30)
4. Address the Underlying Cause of Your Anger
 - a. Idolatrous Desires (Jas 4:1–3)
 - b. Ongoing Resentment (Eph 4:31–32)
5. Cultivate the Biblical Deterrents to Your Anger
 - a. Patience (Prov 14:29)
 - b. Discretion (Prov 19:11a)
 - c. Forbearance (19:11b; cf. Eph 4:3)