

ANGER

- I. Anger is not sinful in itself.
  - A. It is an emotion designed to mobilize force to tear something apart.
  - B. Cf. Psalm 7:11; Mark 3:5.
  - C. Ephesians 4:26 indicates that its expression may be sinful.
- II. Anger is sinful. . .
  - A. When it grows out of pride, hurt feelings, etc.
  - B. When it is expressed in sinful ways.
- III. Two sinful expressions of righteous anger are
  - A. Blowing up (ventilation).
    1. Proverbs 23:11; 25:28; Ephesians 4:31.
    2. Energy is wasted and used to ear up others.
  - B. Clamming up (internalization).
    1. Leviticus 19:17-18; Ephesians 4:26.
    2. Energy is wasted and used to tear up self.
- IV. There is a scripturally acceptable expression of anger.
  - A. Not the opposite extreme of either sinful one:
    1. Internalization to ventilation, or
    2. Ventilation to internalization,
  - B. But anger released under control and aimed at tearing up the problem while building up persons (Ephesians 4:23).