

You want me to do what with my anger?

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Oakbrook Community Church (PCA)

Colossians 3:7-8

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Truth: To win the battle against sin and live victoriously

You must live in light of your new identity of Christ! 2 Tim 1:9

Paul's Instruction: Put them all away!

- Like Bob Newhart skit : "Just Stop It!"

1. Know your anger - is it righteous, sinful or a mix?

- Col 3:8 - anger is same word as wrath in v6
- Jesus was righteously angry: Mk 3:5; Mt 21:12-13
- Righteous anger is a godly reaction to sin or injustice
- If we become like God then we too will be angry toward sin, hypocrisy & injustice
- Ask self good questions – God does: Cain-Gen 4:6; Jonah-Jonah 4:4,9
Why am I angry? What do I want to accomplish?

- Confess your sinful angers & desires: 1 Jn 1:9; live holy 2 Tim 1:9

2. You can control your sinful anger!

- Col 3:3 – Believers, your life is hidden in Christ Put Off - Col 3:8

Exhibit #1: Scripture never commands a believer what we can't do by the power of God's indwelling Spirit

Control anger: Eph 4:26-31; Jms 1:19-20; Prv 29:11; Ecc 7:9; Mt 5:22; Ps 37:8-9

Indwelling of Spirit: Jn 14:17; Rm 8:9; 1 Cor 6:19; 12:13; Gal 5:18-24

Exhibit #2: You are already skilled at controlling your sinful anger

In middle of heated argument you can be nice if a respected person calls!

3. Dealing with your sinful anger

- a. Recognize & confess your anger – trust God

beware of hiding or cherishing sin

1 John 1:8-9 Confess = agree with God - have His mind about the sin

beware of thinking you don't deserve: 1 Pet 2:20-24; 4:12-19

- b. Radically amputate anger & Know God's Put-Ons!

Believers commanded to put them away 8; put to death 5

1st - you must be a believer & walk in dependence on the Spirit

2nd - Becoming sanctified is not a passive thing - You must actively put on:

Put Off – Put On : Think of what God wants, not what you shouldn't do!

Practice Godliness: when is a door not a door? When it is a jar! (something else)

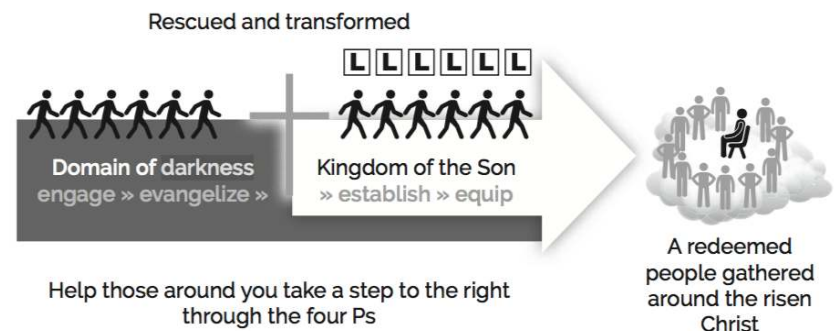
Key to defeating anger is to become type of person God wants you to be:

Prv 12:18; Jms 1:19-20; Eph 4:31-32; Prv 25:28 & 16:32; Prv 29:22 & Gal 5:22-23; 1 Cor 6:19-20; Col 3:17

Discuss & Apply:

- Is Paul's command to put away all anger too simplistic? What about our upbringing or other people? Can we use those to excuse our anger?
- What is most difficult situation for you to control your anger? Why is that? What would God have you put in its place?
- Eph 4:26 tells us to be angry and not sin. Since anger is largely a feeling, are we being commanded to not feel? What are we being commanded to do? What can we control? Our feelings or our response to our feelings? At what point do our feelings become sin?
- Read about Cain Gen 4:1-7 and Jonah 4:1-11. What do we learn from God's questions to them? How can asking yourself good questions help you deal with your anger?
- Read James 1:19-20. How can our anger be used for God's glory? How does that relate to the diagram below which helps us understand God's plan for believers and their witness?
- How does unrighteous anger ruin our witness for Christ? See Jms 1:19-20

L = learners who are being renewed in knowledge after the image of its Creator Col 3:10



We are ALL to be bringing others to maturity in Christ! As we are servants (ministers) that will happen as we use the 4 P's:
Proclamation of the Word
Prayerful dependence upon Holy Spirit
People as God's fellow Workers
Perseverance, step by step