

THE EXCHANGED LIFE Part 3
Ephesians 4:25-32

INTRODUCTION :

Report : Chicay's condition and Olaparib (*Read John 9*)

Thank the church

Anger Management :

Husband to wife: When I get mad at you, you never fight back. How do you control your anger?

Wife: I clean the toilet bowl.

Husband: How does that help?

Wife: I use your toothbrush.

**Ephesians 4: ²⁵Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. ²⁶"In your anger do not sin": Do not let the sun go down while you are still angry,²⁷and do not give the devil a foothold. ²⁸He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.*

²⁹Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ⁰And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Pray

***Review of our study of the exchanged life**

- I. WE EXCHANGE LIES WITH THE TRUTH
- II. WE EXCHANGE UNRIGHTEOUS ANGER WITH RIGHTEOUS ANGER
- III. WE EXCHANGE STEALING WITH SHARING
- IV. WE EXCHANGE CORRUPTIVE WORDS WITH CONSTRUCTIVE WORDS
- V. WE EXCHANGE BITTERNESS WITH KINDNESS

WE EXCHANGE UNRIGHTEOUS ANGER WITH RIGHTEOUS ANGER

²⁶"In your anger do not sin": Do not let the sun go down while you are still angry,²⁷and do not give the devil a foothold.

Last week, we talked about....

***I. RIGHTEOUS ANGER**

- 1. When man dishonours God's holiness
- 2. When man deceives God's people
- 3. When man disrespects God's will

In short, righteous anger is focused on God...when His law is transgressed and His name is not glorified

So, should we angry when abortion is being legalized? Yes, of course.
Should we be angry pedophiles are exploiting the young? Yes, of course.
Should we be angry when somebody hurts family even if he's not doing anything? Yes, of course.
Should we be angry when our children are rebellious? Yes of course

***Look at this :**

Psalm 97: ¹⁰ Let those who love the LORD hate evil

*Psalm 119:104 ¹⁰⁴ I gain understanding from your precepts;
therefore I hate every wrong path.*

***BUT....**

*²⁶"In your anger **do not sin**":*

***This is the reason why David wrote this :**

*Psalm 139: ²¹ Do I not hate those who hate you, O LORD,
and abhor those who rise up against you?
²² I have nothing but hatred for them;
I count them my enemies.*

***AND THEN FOLLOWED IT UP WITH...**

*²³ Search me, O God, and know my heart;
test me and know my anxious thoughts.
²⁴ See if there is any offensive way in me,
and lead me in the way everlasting*

In short, David knows that our anger, even righteous anger can be and become unrighteous anger.

We talked about WHAT is righteous anger? How does it act?

***1. Righteous anger is not explosive, it is not easily provoked.**

*Exodus 34: ⁶ And he passed in front of Moses, proclaiming, "The LORD, the LORD, the compassionate and gracious God, **slow to anger**, abounding in love and faithfulness,*

***2. Righteous anger is always under control.**

*Psalm 78: ³⁸ Yet he was merciful;
he forgave their iniquities
and did not destroy them.
Time after time **he restrained his anger**
and did not stir up his full wrath.*

***Quote :** Godly anger does not lose its temper – Bob Deffinbaugh

Important Question : Then what is righteous anger for?

***Quote :** Anger is designed to prompt us to act....so as to produce which is righteous and profitable. – Bob Deffinbaugh

Question : So how are we to act if we know now that our anger is righteous?

Answer : Our action must be regulated by God’s Word – the Bible.

***Example :** When a brother whom you know is sinning...

Matthew 18: ¹⁵"If your brother sins against you, **go** and show him his fault, just between the two of you. If he listens to you, you have won your brother over. ¹⁶But if he will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.' ¹⁷If he refuses to listen to them, tell it to the church; and if he refuses to listen even to the church,* treat him as you would a pagan or a tax collector.*

¹⁸"I tell you the truth, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.

¹⁹"Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. ²⁰For where two or three come together in my name, there am I with them."

Note :

*Some manuscripts doesn’t have the word “...against you.” (so this can be interpreted two ways)

* Remember, the context here is Jesus is talking in that Biblical setting...treating somebody at that time as a pagan or tax collector, meaning the Jews have nothing to do with them simply because they believe to mingle with them is to make them unclean.

***II. UNRIGHTEOUS ANGER**

***1. When we become angry because of our rights or reputation**

Remember : Righteous anger is God-centred. Unrighteous anger is self-centred.

Story : In All Saint’s Day in 1997, two people battled it out in a parking area in a memorial park. There was a heated argument and the other guy pulled a gun and shot the man inside the van but it hit her pregnant wife, his son and nephew. They managed to save the baby but not the mother.

***Look at the Lord’s example :**

Philippians 2: ⁵Your attitude should be the same as that of Christ Jesus:

⁶Who, being in very nature God,

did not consider equality with God something to be grasped,

⁷but made himself nothing.

taking the very nature of a servant,

*being made in human likeness.
8And being found in appearance as a man,
he humbled himself
and became obedient to death—
even death on a cross!*

Note : Look at Paul, he gets angry when the gospel is being compromised (as discussed last week when he confronted Peter) but when his reputation is being attacked, he never gets angry..

**Philippians 2: 15It is true that some preach Christ out of envy and rivalry, but others out of goodwill. 16The latter do so in love, knowing that I am put here for the defense of the gospel. 17The former preach Christ out of selfish ambition, not sincerely, supposing that they can stir up trouble for me while I am in chains.18But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice.*

What is his attitude?

Galatians 2: 20I have been crucified with Christ and **I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.*

In short, Paul is concerned when his reputation is being besmirched if the gospel is being compromised because of it but when his own reputation is being challenged in itself, it doesn't matter to him...because for him, you can never kill a dead man already.

Sadly : Most of the time we do not get angry with ourselves when we commit a sin but when other people point it out to us, we easily get angry at others simply because our reputation is at stake.

Story : During the early days of the Salvation Army, William Booth and his associates were bitterly attacked in the press by religious leaders and government leaders alike. Whenever his son, Bramwell, showed Booth a newspaper attack, the General would reply, "Bramwell, fifty years hence it will matter very little indeed how these people treated us; it will matter a great deal how we dealt with the work of God."

***2. When our anger has no restraint**

Do not let the sun go down while you are still angry

Apparently : Even righteous anger, when it has no control becomes unrighteous.

Etymology : Be angry “orgizo” - it’s a command
KJV- “do not let the sun go down upon your wrath
KJV – paraorgizmos – wrath – exasperation

In short, Paul saying...be angry...but you must have control of your anger.

What is the fruit of the Spirit?

**Galatians 5: ²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,²³gentleness and self-control.*

Note : That's the problem when we don't have control of our temper, we can't think anymore.

**Proverbs 25: ²⁸ Like a city whose walls are broken down is a man who lacks self-control.*

Proverbs 16: ³² Better to be patient than powerful; better to have self-control than to conquer a city.

Question : How would you know if you have lost control of your anger?

***a.) You have lost control of your tongue.**

James 1: ¹⁹ Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. ²⁰ Human anger does not produce the righteousness God desires.

²⁶ If you claim to be religious but don't control your tongue, you are fooling yourself, and your religion is worthless. (NLT)

In short, before you speak, think??? Makakabuti ba ito sa sitwasyon? Makakabuti ba ito para sa kausap ko? O basta...sasabihin ko lang ang gusto kong sabihin!!!

Important : Control of the tongue doesn't only mean the words but even the tone.

***Quote :** 90% of the friction of daily life is caused by the wrong tone of voice. - Leadership Magazine

**Proverbs 15: ¹ A gentle answer deflects anger, but harsh words make tempers flare.*

***b.) You have lost control of your actions.**

Genesis 4: ⁶ "Why are you so angry?" the Lord asked Cain. "Why do you look so dejected?" ⁷ You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master."

⁸ One day Cain suggested to his brother, "Let's go out into the fields." And while they were in the field, Cain attacked his brother, Abel, and killed him.(NLT)

Story : I remember one of my officemates before said that he was so sorry for what he did. He got so angry with his daughter which was still so young then and just got a broom "walis

tambo” and hit her with the wooden side of it. The girl naturally was trying to parry the blow with her arms since she was still young and her bones was still tender, her arm was broken.

I remember a person saying : There’s nothing wrong with losing my temper, I blow up and then it’s all over. But so is an atomic bomb.

Quote : When you lose your temper, you have already lost control of the situation.

Example : Coaches know about this. Why did Phil Jackson hire Dennis Rodman?

Story : Many years ago during a Knicks-Bullets playoff game, one of the Bullets came up from behind the great Walt Frazier and punched him in the face. Strangely, the referee called a foul on Frazier. Frazier didn’t complain. His expression never changed. He simply called for the ball and put in seven straight shots to win the game, an amazing display of productive anger.

Note : Sometimes, we use anger to control the people around us. But is that acting out of love?

**1 Corinthians 13 : ⁴ Love is patient and kind. Love is not jealous or boastful or proud ⁵ or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. (NLT)*

....which now brings us.

***3. When our anger becomes resentment.**

Do not let the sun go down while you are still angry. Do not give the devil a foothold.

***Quote** : Somebody said, “When I get into an argument with my wife she doesn’t get hysterical, she gets historical.”

What does the devil want for us?

**John 10: ¹⁰The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

***This is why Paul wrote in verse 31**

Ephesians 4: ³¹Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

VERY IMPORTANT : This to me, is the danger when anger turns to bitterness. When we continue being angry with another person, it soon becomes hatred and then bitterness and the only person that is affected is the one who’s holding it in.

Tagalog : Nagtatanim na ng galit....

Question : How can we prevent resentment from taking root?

***a.) Go to God.**

Note : This verse was taken by Paul in Psalm 4:4

*Psalm 4: ⁴In your anger do not sin;
when you are on your beds,
search your hearts and be silent.
Selah*

⁵ *Offer right sacrifices
and trust in the LORD.*

⁶ *Many are asking, "Who can show us any good?"
Let the light of your face shine upon us, O LORD.*

⁷ *You have filled my heart with greater joy
than when their grain and new wine abound.*

⁸ *I will lie down and sleep in peace,
for you alone, O LORD,
make me dwell in safety.*

***b.) Go to the person.** (speaking the truth in love)

*Matthew 18: ¹⁵"If your brother sins against you, **go** and show him his fault, just between the two of you. If he listens to you, you have won your brother over.*

*Matthew 5: ²³"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, ²⁴leave your gift there in front of the altar. **First go and be reconciled to your brother; then come and offer your gift.***

Remember : The objective is to win him over.

Note : Now whether you win him over or not...

***c.) Let go and let God.**

How do we let go and let God? FORGIVE!!!!

**2 Corinthians 2: ¹⁰If you forgive anyone, I also forgive him. And what I have forgiven—if there was anything to forgive—I have forgiven in the sight of Christ for your sake, ¹¹in order that Satan might not outwit us. For we are not unaware of his schemes.*

***4. When our anger seeks revenge.**

Do not let the sun go down while you are still angry. Do not give the devil a foothold.

Note : Resentment is passive (you just keep it in)...revenge is active. But just the same, you are giving the devil a foothold.

***What is God's will?**

Romans 12: ¹⁴Bless those who persecute you; bless and do not curse.....

.....¹⁷Do not repay anyone evil for evil.

.....²⁰On the contrary:

*"If your enemy is hungry, feed him;
if he is thirsty, give him something to drink.*

***Why can we do this?**

¹⁹Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

Note : Taking vengeance into our own hands is showing a lack of trust in the Lord. It's saying to the Lord, Lord you're not in control so I'll take control of the situation.

Don't do this :

Story : Some soldiers were stationed in Korea during the Korean War. While there they hired a local boy to cook and clean for them. They decided to do pranks on them. They put Vaseline on the stove handles, the one he uses to cook soup. Or they put a pail of water on the door or sometimes they nail his shoes to the floor. But the boy never got angry. So they felt guilty. So one day they confessed their sins to the boy who cooks for them. So the Korean boy said, "No more sticky on stove?" Nope. "No more water on door?" Nope. "No more nail shoes to the floor?" Never again. "Okay" the boy smiled, "No more spit in soup."

Just do what this pastor does when he gets mad at a person :

He says, "I won't take my revenge on you. I'll just tell you to God."

CONCLUSION :

*Righteous anger is controlled by our love for God and others.

*Unrighteous anger is uncontrolled because of our love for self.

Galatians 2: ²⁰I have been crucified with Christ and **I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.*

S.G.D.