

**“Anger Management”**

**Matthew 5v21-26**

**Scripture Ref: Eph 4:31-32,26-27; John 2:13-17; Mark 3:1-5; 1 John 4:20-21**

- 1. Last week – “love God and love others” – fulfilling the law of love!**
  - a. The rest of chapter 5 deals with our relationships with the world around us.**
  - b. Today we embark on a set of teachings from Jesus that will deal directly with our relationships with others**
  - c. The first - ANGER**
- 2. Ever get so mad at someone that you felt like... “man, if I had a gun...”**
  - a. Some of us – we don’t get angry to often... maybe we control our emotions**
  - b. Others – lets just say getting them mad is like throwing gas on a fire...**
  - c. (Carrington Story)**
  - d. That is where Jesus is going...**

**Anger – the root of Murder**

21 "You have heard that it was said to those of old, 'You shall not murder, and whoever murders will be in danger of the judgment.' 22 But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment.

- 3. “You have heard...” - Some people of Jesus day were not literate, and most did not have a copy of the law and the prophets on hand**
  - a. And so what they knew was what they were taught by the religious leaders**
- 4. “But I say...” - Jesus is speaking with authority – the authority of God, not simply his interpretation.**
- 5. According to statistics, most murders are committed by someone that knows the victim**
  - a. And most murders are the result of anger – wife gets mad at husband, or husband mad a wife – boyfriend/girlfriend – friends get in a fight**
  - b. Relationship problems, getting ripped off, these are situations that invoke anger.**
- 6. Add “D” to anger – you get DANGER!**
- 7. Jesus is helping us to look beyond the external culmination of anger, once you have pulled the trigger, there is no going back!**

- a. He is directing us to look at the inward cause of murder – the anger that fuels the behavior
  - b. He is saying that anger is murder.
8. Now you might be thinking “If God sees the two as the same, then I might as well go ahead and commit murder”
- a. Except that the legal system has a different view!
  - b. No one goes to jail for anger, but many people sit in prison because they did not control their sinful anger.

**Sinful anger vs righteous anger**

9. Is all anger a sin?

***Eph 4:31-32***

*31 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. 32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.*

- a. IOW – anger towards one another is something that Paul calls us to “put off”, it is the fruit of the flesh – the ‘old man’
10. Now – we need to understand that anger is an emotion -
- a. Someone hurts you – takes your toy – says something untrue about you – and you feel anger.
  - b. The feeling is not a sin – it’s what you DO with that feeling that becomes a sin...
  - c. Paul goes on to say:

***Eph 4:26-27*** “*Be angry, and do not sin*”: *do not let the sun go down on your wrath, nor give place to the devil.*

- d. IOW letting anger simmer gives place for the enemy to get a foothold in our heart.
  - e. That is the word Jesus used – *orgizo* – is a simmering anger,
11. IOW – you feel the emotion – then you have a choice as to what you do with it –
- a. Give it to the Lord – pray for that person
  - b. Or feed it, allow it to grow – that is where sin comes in – “*do not let the sun go down on your wrath, nor give place to the devil.*”

12. But as well – there is a righteous anger:

***Isa 13:13***

*13 Therefore I will shake the heavens,  
And the earth will move out of her place,*

*In the wrath of the LORD of hosts  
And in the day of His fierce anger.*

**Isa 65:3**

*3 A people who provoke Me to anger continually to My face;  
Who sacrifice in gardens,  
And burn incense on altars of brick;*

**John 2:13-17**

*Now the Passover of the Jews was at hand, and Jesus went up to Jerusalem.  
14 And He found in the temple those who sold oxen and sheep and doves,  
and the money changers doing business. 15 When He had made a whip of  
cords, He drove them all out of the temple, with the sheep and the oxen, and  
poured out the changers' money and overturned the tables. 16 And He said to  
those who sold doves, "Take these things away! Do not make My Father's  
house a house of merchandise!" 17 Then His disciples remembered that it  
was written, "Zeal for Your house has eaten Me up."*

**Mark 3:1-5**

*And He entered the synagogue again, and a man was there who had a  
withered hand. 2 So they watched Him closely, whether He would heal him on  
the Sabbath, so that they might accuse Him. 3 And He said to the man who  
had the withered hand, "Step forward." 4 Then He said to them, "Is it lawful  
on the Sabbath to do good or to do evil, to save life or to kill?" But they kept  
silent. 5 And when He had looked around at them with anger, being grieved  
by the hardness of their hearts, He said to the man, "Stretch out your hand."  
And he stretched it out, and his hand was restored as whole as the other.*

**13. Righteous anger is angry at SIN – and anything that is against God, of things that will hurt God or His people.**

**14. Anger is a robber – it robs the person who is harboring the anger**

- a. It makes us destroyers rather than builders
- b. It robs us of freedom and makes us prisoners

**15. And guess what – being angry at another person really doesn't affect them.**

- a. If I'm angry at another person, it might bother them some, but they are not carrying nearly the emotional turmoil that I am!

**Don't call me no fool!**

And whoever says to his brother, 'Raca!' shall be in danger of the council. But whoever says, 'You fool!' shall be in danger of hell fire.

**16. "Raca" is like "blockhead, bonehead" – it is showing contempt for someone's intelligence**

- 17. So what do we do if we are angry? Anger is sin, and sin must be confessed to God**
- a. **Not only that, but we must reconcile with our brother or sister.**

**Reconciliation before Worship (dealing with anger...)**

23 Therefore if you bring your gift to the altar, and there remember that your brother has something against you, 24 leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.

**18. Now I know that some of you are wanting to go to the tithe box and retrieve your offering “because you are mad” – sorry they are all locked!**

**19. But seriously we need to understand that Jesus is not saying that we should stop tithing if we are mad as someone...**

- a. **He is saying that we need to reconcile with our brother!**
- b. **By the same measure, we cannot think that because we as “serving the Lord” in some capacity we can justify having aught in our heart towards someone.**

**20. What’s the tie-in? That there is a sense of hypocrisy if we are “serving the Lord” outwardly, yet our relationships are fractured.**

- a. **It means we need to pay close attention to our relationship with others, because that is an indicator of our relationship with God**

**1 John 4:20-21**

*If someone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen? 21 And this commandment we have from Him: that he who loves God must love his brother also.*

- b. **If we love God, we WILL love others – it will be a part of His nature that is manifesting itself into our lives!**
- c. **And it is more important to God that we be right with others than to perform a religious duty.**

**21. Something worth pointing out – “if you bring your gift to the altar, and there remember that your brother has something against you”**

- a. **IOW – not that someone has wronged you, but that you have wronged someone.**
- b. **And the timing is interesting, when you are bringing your gift to the altar.**
- c. **Now why would it be that right when you are coming to the altar to worship the Lord, that you would suddenly remember wronging someone...**

- d. **Hmmm maybe the act of coming to worship, being in the Lords house, around His people, could have an affect on us...**
- e. **Perhaps it helps us to focus on who God is, and who we are (I.E. God's kids!)**

**22. It's not uncommon that when a Christian begins to stray from the Lord, several things happen:**

- a. **Relationships go south...**
- b. **They stop coming to the house of the Lord – it's too hard!**
- c. **But the other side of that is – if you have a desire to allow God to have His way in your life, in your heart**
- d. **Then maybe corporate worship and church is just the place for you!**
- e. **It'll keep you out of trouble!**

### **Stay out of Jail**

25 Agree with your adversary quickly, while you are on the way with him, lest your adversary deliver you to the judge, the judge hand you over to the officer, and you be thrown into prison. 26 Assuredly, I say to you, you will by no means get out of there till you have paid the last penny.

**23. Here is some advice you won't hear from the Trial Lawyers Association...**

- a. **Agree quickly! Settle quickly!**
- b. **Paul told us in 1 Cor that it's better to be cheated than to go to court over a civil situation.**
- c. **So confess right away! Settle quickly!**

**24. How do we over come wrath and anger toward others? By remembering that we were once "children of wrath" (Eph. 2:3), but God had mercy on us and forgave us.**

- a. **If God forgave you and removed His wrath toward you, how much more should we be willing to forgive and remove our wrath from someone who has sinned against us?**

**25. Why is it important?**

- a. **#1 because it frees us from the emotional bondage!**
- b. **#2 because it is one more way to be a witness to the world around us!**

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