

“The Christian’s New Clothes: Self Control”

Ephesians 4:26-27

C. I. T.—The Christian’s clothes include self-control over anger.

C. I. S.—You must keep your anger under control.

Purpose—I want people to trust Christ with their anger.

Introduction—**Proverbs 30:15-16**—anger left un-controlled

I. Keep your anger under control. Vs. 26a

- a. Words used of anger.
 - i. Thumos—quick emotion of anger
 - ii. Orge—deep seated anger that usually leads to an outward response of revenge.
 - iii. Used:
 - 1. King in Unforgiving Debtor
 - 2. King when invitation to wedding feast was rejected
 - 3. The Older Son when the Prodigal Returned
- b. Not a prohibition—Matthew 5:22—emphasizes the actions the anger as revealed by response/actions
- c. Do not sin
 - i. Outward response, not emotion in view.
 - ii. Matthew 5: 22—progression of anger
 - iii. Some responses
 - 1. Anger leads to hatred
 - 2. Revenge
 - 3. Physical Attack
 - 4. Verbal Attack—cut downs/slander
 - 5. Emotional Attack
 - a. Withdrawal
 - b. Pouting
 - c. Self Pity/Deprecation
- d. If you do not control your anger, it will control you.
- e. Illus.—The last time I got a spanking.
- f. Application
 - i. What are your “scrambled eggs?”
 - ii. The emotion of anger is a normal response, but how you deal with that emotion will be judged.
 - iii. How do I deal with that anger properly?

II. Resolve your anger quickly. Vs. 26b

- a. Before the sun sets.
 - i. Refers literally to the end of the day.
 - ii. Refers figuratively with quick dealing with anger.
- b. We cannot allow sin to fester in our lives.
- c. Illus.—Michael spoiled milk
- d. Scriptural Help
 - i. Practice Avoidance—**Proverbs 22:24-25**
 - ii. Practice Restraint
 - 1. Illus.—Abraham Lincoln
 - 2. **Proverbs 14:29, 15:18**
 - iii. Practice Surrender—**Romans 12:17-19**
 - iv. Practice Confession—**1 John 1:9**
 - v. Practice Prayer—**Romans 12: 20-21**

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vi. Practice Reconciliation—**Matthew 18:15**

vii. Practice Forgiveness—**Matthew 6:14-15**

III. Protect your anger from Satan. Vs. 27

a. The Devil’s Desire

i. **John 10:10**

ii. **1 Peter 5:8**

b. He wants a place in your life.

c. He will use this anger to stifle your spiritual life.

d. Illus.—Grandpa’s anger with his brothers

e. Application

i. Your uncontrolled and unresolved anger will consume you and will keep you from knowing the Lord or growing in Him.

ii. Satan has a foothold, God has no room.

iii. Your anger will turn you into a tool of Satan.

Conclusion

- We must put the fire out before it gets out of control.
- Christian must bring your anger and the cause of your anger to Jesus.
- Is anger keeping you from Jesus?

Proverbs 30:15 The leech has two daughters: "Give, Give!" Three things are never satisfied; four never say, "Enough!": ¹⁶ Sheol; a childless womb; earth, which is never satisfied with water; and fire, which never says, "Enough!"

Matthew 5:22 But I tell you, everyone who is angry with his brother or sister will be subject to judgment. Whoever insults his brother or sister, will be subject to the court. Whoever says, 'You fool! ' will be subject to hellfire.

Proverbs 22:24 Don't make friends with an angry person, and don't be a companion of a hot-tempered one, ²⁵ or you will learn his ways and entangle yourself in a snare.

Proverbs 14:29 A patient person shows great understanding, but a quick-tempered one promotes foolishness.

Proverbs 15:18 A hot-tempered person stirs up conflict, but one slow to anger calms strife.

Romans 12:17 Do not repay anyone evil for evil. Give careful thought to do what is honorable in everyone's eyes. ¹⁸ If possible, as far as it depends on you, live at peace with everyone. ¹⁹ Friends, do not avenge yourselves; instead, leave room for God's wrath, because it is written, Vengeance belongs to me; I will repay, says the Lord.

1 John 1:9 If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Romans 12:20 But If your enemy is hungry, feed him. If he is thirsty, give him something to drink. For in so doing you will be heaping fiery coals on his head. ²¹ Do not be conquered by evil, but conquer evil with good.

Matthew 18:15 "If your brother sins against you, go and rebuke him in private. If he listens to you, you have won your brother.

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Matthew 6:14 "For if you forgive others their offenses, your heavenly Father will forgive you as well. ¹⁵
But if you don't forgive others, your Father will not forgive your offenses.

John 10:10 A thief comes only to steal and kill and destroy. I have come so that they may have life and have it in abundance.

1 Peter 5:8 Be sober-minded, be alert. Your adversary the devil is prowling around like a roaring lion, looking for anyone he can devour. (1 Pet. 5:8 CSB17)