

Overcoming Anger
Ephesians 4:17-32
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Introduction:

How do we handle anger without flying off the handle? How do we overcome anger without being overwhelmed (and overwhelming others) by it?

I. The Nature of Anger

1. Anger as a Virtue (Psalm 2, Mark 3:1-6)
2. Anger as a Vice (Ephesians 4:30-31)

Six sinful manifestations of the flesh

1. Bitterness
2. Wrath
3. Anger
4. Clamor (shouting, quarreling)
5. Slander (abusive speech)
6. Malice

II. How then should we handle anger?

1. Should We Suppress Anger?
2. Should We Express Anger?
3. Should We Confess Anger?
 - 1.) In a timely way (vs. 26)
 - 2.) Get rid of the Fruits of the Flesh (vs. 31)
 - 3.) Cultivate the Fruits of the Spirit (vs. 32)

Application/Conclusion:

Thought Questions for Personal, Family, and Small Group Discussion Ephesians 4:17-32

Open It

1. What are some “pet peaves” that typically people have that cause anger?
2. What makes you angry? How do you others know that you are angry? Through your words? Through your silence? Through your actions? Through your inaction?
3. Talk about a time when you handled anger properly. What happened? What was the result?

Explore It

1. In what way were Ephesian believers instructed not to live as Gentiles? (4:17-19)
2. How did Paul contrast the Ephesian Christians with the Gentiles? (4:20-21)
3. In what way does God want Christians to change? (4:22-24)
4. How should new Christians stop living? (4:22)
5. How should new Christians begin living? (4:23-24)
6. What should we keep in mind concerning lying, anger, and stealing? (4:25-28)
7. How should believers speak to one another? (4:29)
8. How can the Holy Spirit be hurt? (4:29-30)
9. Of what five vices are believers to rid themselves? (4:31)
10. What positive commands did Paul give the Ephesians? (4:32)

Get It

1. Since becoming a Christian, what old habits have you discarded?
2. Of what aspects of your old nature do you still need to rid yourself?
3. How do you see the new nature taking hold in your life?
4. What evidence do you see that your life is controlled by the Holy Spirit?
5. What fruit of the Spirit do you see in your life?
6. What aspect of your Christian life do you want to practice more consistently?

Apply It

1. What would be the first step for you in changing an old pattern of behavior?
2. What can you do this week to make your Christian living more consistent?
3. How can you relate to others today in new, joyful ways?