

FBC  
FIRST BAPTIST CHURCH  
DURHAM, NC

GAMMA22

GAMMA  
SERIES

# EPHESIANS

TRANSFORMED BY GRACE, EMPOWERED BY PEACE

## STUDY 15 OVERCOMING ANGER AND BITTERNESS

Ephesians 4:25-32



# THE STRUCTURE

Glory and Grace of God

The Peace of God in the church

Theological

Practical

Ephesians 1

Ephesians 2

Ephesians 3

Ephesians 4

Ephesians 5

Ephesians 6

Who God is and what He has  
done for us in Christ

How we should live because  
of what He has done for us

Living and working out spiritual  
transformation in the church

**EPHESIANS 4**

1. Maintaining the Unity of the Spirit v1-6
2. Utilizing Diversity to build up Unity v 7-16
3. New Life and New Integrity v 17-25
4. Overcoming Anger and Bitterness v 25-32

Ephesians 4:25-32 (ESV) Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. 26

Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil.

28 Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. 29

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. 30

And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness and wrath and anger and clamor and

slander be put away from you, along with all malice. 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

## **ANGER AND BITTERNESS**

26 Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil.

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Las Vegas: Oct. 1, 2017.



WE HAVE STUDIED EVERY MASS SHOOTING SINCE 1966. HERE'S  
WHAT WE'VE LEARNED ABOUT THE SHOOTERS  
LA TIMES AUG 4 2019  
JILLIAN PETERSON AND JAMES DENSLEY

1. Early Childhood Trauma and Exposure to violence
2. Crisis which trigger Anger and depression
3. Studied other mass shooters
4. Had the means to carry out shootings

# KINDS OF ANGER

*Volatile Anger*

*Verbal Anger*

*Assertive Anger*

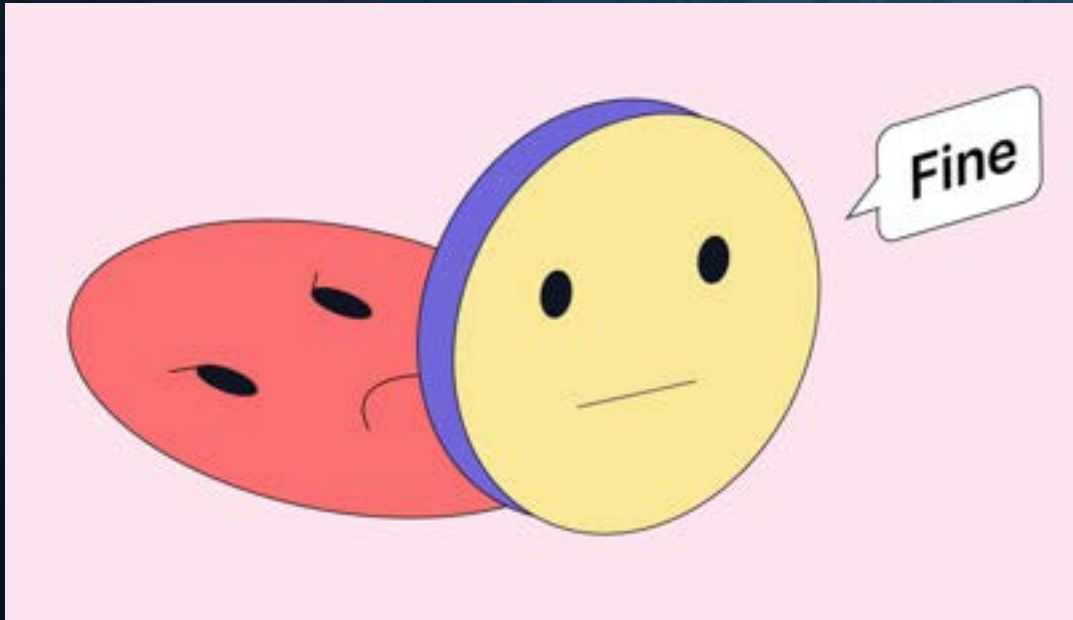
*Behavioural Anger*

*Chronic Anger*

*Passive Agressive Anger*



# PASSIVE AGGRESSIVE



- Withdraw and sulk
- Silent treatment
- Temporary comply, agree with you
- Intentional inefficiency, they will do their work slowly
- Let problems escalate
- Hidden but conscious revenge
- Gossip

# ANGER LEGITIMATE EMOTION AND IS NOT SIN

Ephesians 4:26-27 (ESV)

Be angry and do not sin;

do not let the sun go down

on your anger, 27 and give

no opportunity to the

devil.





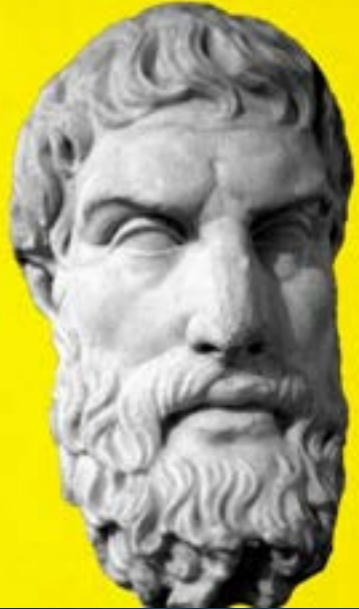
Suppression

Denial

- Anxious
- Depressed
- Distressed
- Hurt

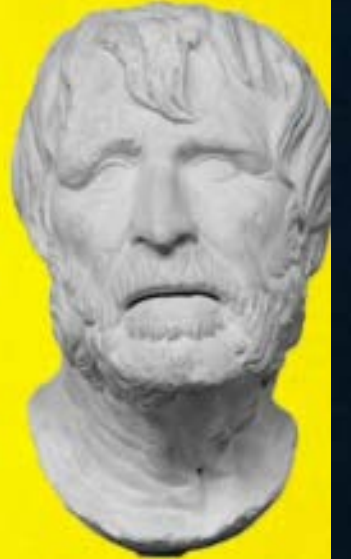
# SECULAR APPROACH

**EPICURUS**



Disdains anger get away  
from it ...  
Job makes angry quit  
Wife makes you angry  
divorce

**THE STOICS**



Anger is terrible thing  
and real man stifles  
anger

# BUDDHIST



When we feel angry with any person, we should try to find out some good in him, either in his way of thinking, or in his way of speaking or in his way of acting. If we find some redeeming quality in him, we should ponder its value and ignore his bad qualities as natural weaknesses that are to be found in everyone - Ven. K. Piyatissa Thera

*Suppose some bandits catch one of you and sever his body limb from limb with a two-handed saw, and if he should feel angry thereby even at that moment, he is no follower of my teaching.*



## **GHANDI**

“When you are in the right, you can afford to keep your temper; when you are in the wrong, you cannot afford to lose it.”

## TWO IMPERATIVES

Ephesians 4:26-27 (ESV) Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil.

Deuteronomy 9:6-8 (ESV) Know, therefore, that the LORD your God is not giving you this good land to possess because of your righteousness, for you are a stubborn people. 7 Remember and do not forget how you provoked the LORD your God to wrath in the wilderness. From the day you came out of the land of Egypt until you came to this place, you have been rebellious against the LORD. 8 Even at Horeb you provoked the LORD to wrath, and the LORD was so angry with you that he was ready to destroy you.

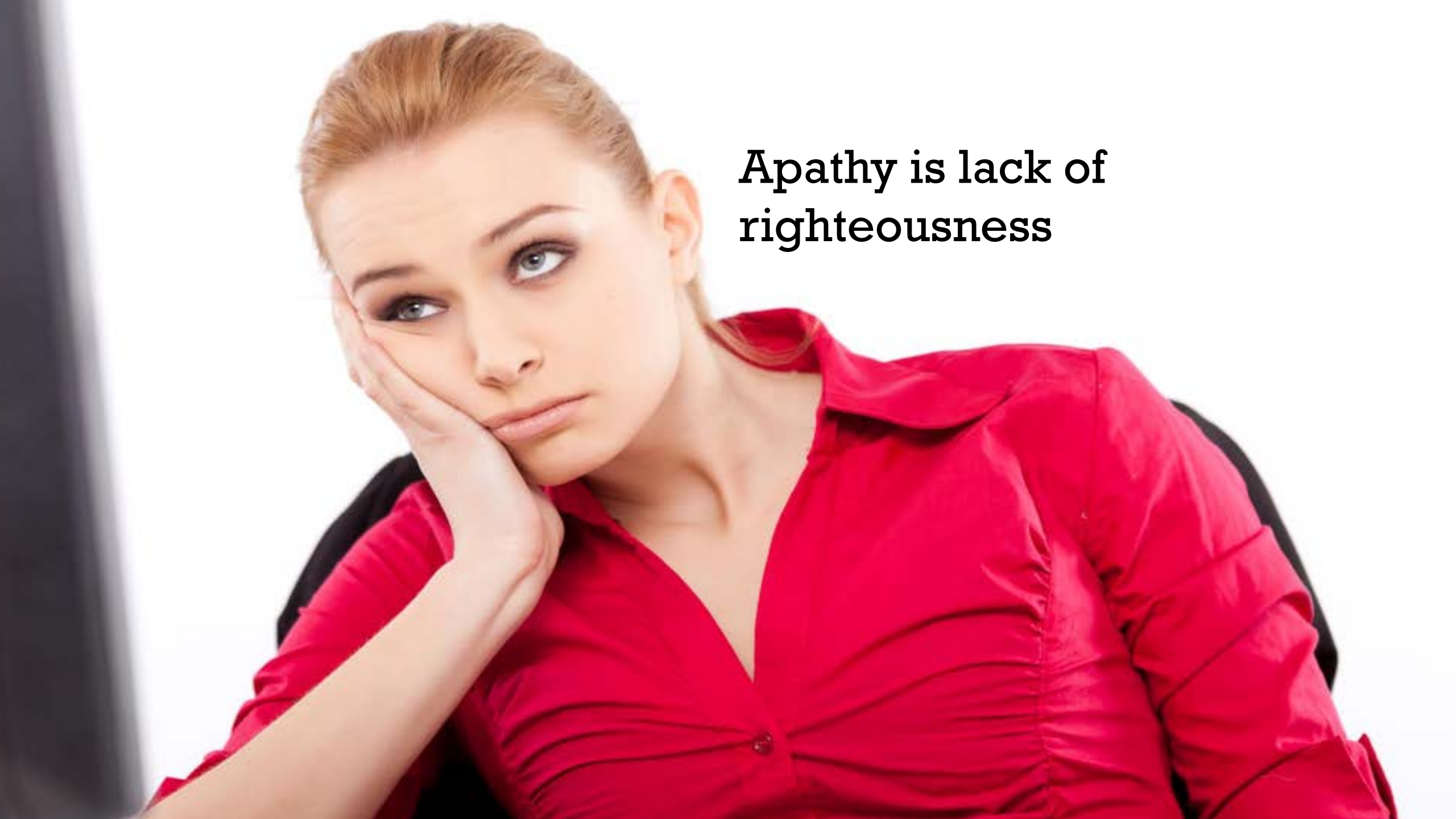


## GOD GETS ANGRY ALL THE TIME

Romans 1:18 (ESV) For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth.

Mark 3:3-5 (ESV) And he said to the man with the withered hand, "Come here." 4 And he said to them, "Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?" But they were silent. 5 And he looked around at them **with anger,** grieved at their hardness of heart, and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored.

Anger against the sickness and the sin

A woman with reddish-brown hair pulled back, wearing a bright red, long-sleeved, button-down shirt. She is resting her head on her right hand, looking off to the side with a neutral, somewhat apathetic expression. The background is plain white.

**Apathy is lack of  
righteousness**

A hand holding a sword against a blue sky background with text overlays. The sword has a gold hilt and a silver blade. The background is a bright blue sky with white clouds and a sunburst effect. Three text boxes are overlaid on the image: a green one at the top left, a red one in the middle right, and another red one at the bottom right.

**Addresses injustice  
like God**

**Control**

**Sin like Satan**

**Ephesians 4:22-7 and give no  
opportunity to the devil.**

# JOURNAL OF PERSONALITY AND SOCIAL PSYCHOLOGY

- 62 percent of people on occasion were admittedly angry at God. It happens to be highly educated, women, and younger individuals.
- Among college students, 87 percent of believers reported feeling negative emotions about God after a personal setback or loss...

“Anger is a problem for every Christian; sinful anger is probably involved in 90 percent of all counselling problems.”

Jay Adams



Ephesians 4:26-27 (ESV)

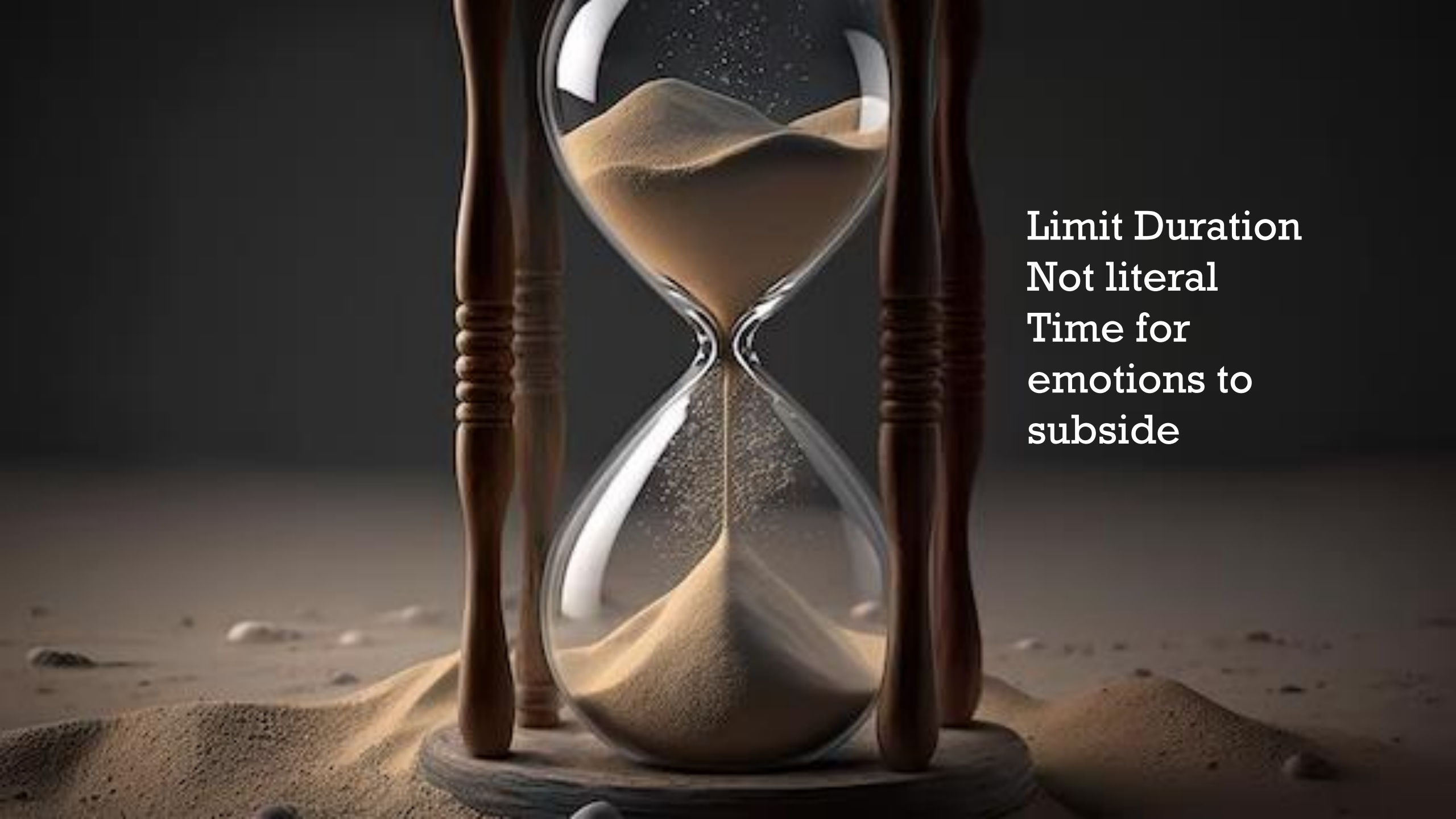
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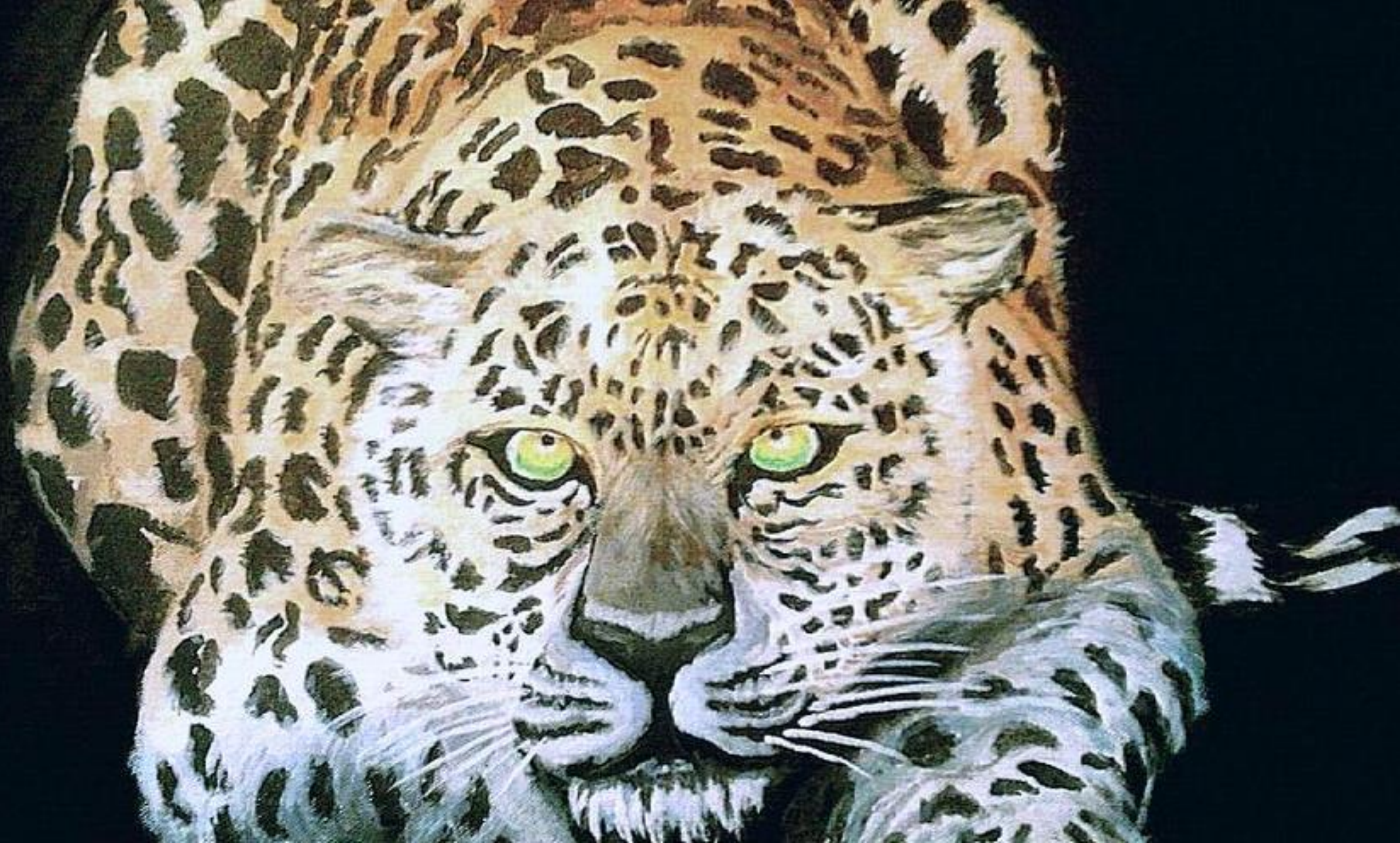
devil.



Limit Duration  
Not literal  
Time for  
emotions to  
subside



Genesis 4:4-7 (ESV) And the LORD had regard for Abel and his offering, 5 but for Cain and his offering he had no regard. So Cain was very angry, and his face fell. 6 The LORD said to Cain, “Why are you angry, and why has your face fallen? 7 If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is contrary to you, but you must rule over it.”



# HENRY KELLERMAN, A PSYCHOLOGIST

1. Anger has an aggressive drive. It's inborn.
2. Anger is expansive. It wants to get bigger.
3. Anger has explosive potential. It wants to burst forth.
4. Anger has an attack inclination. It wants to attack.
5. Anger has a confrontational inclination. It wants to get tough.
6. Anger has an entitled frame of mind. It feels it has the right to get tough.
7. Anger sees itself as an empowerment. It eliminates feelings of helplessness.

## TAKEN FROM OT

Psalms 4:4 (ESV) Be angry, and do not sin;  
ponder in your own hearts on your beds and be silent.  
Selah

## **CONTEXT—OTHERS SHAMED HIM IN PUBLIC**

**Psalm 4:2-3 (ESV)** O men, how long shall my honor be turned into shame? How long will you love vain words and seek after lies? Selah

**3** But know that the LORD has set apart the godly for himself; the LORD hears when I call to him.

# STRATEGY NOT TO RETALIATE INSTEAD TURN TO GOD-REDRESS

Psalms 4:4-5 (ESV) Be angry, and do not sin;  
ponder in your own hearts on your beds, and be  
silent. Selah

5 Offer right sacrifices,  
and put your trust in the LORD.

# MEDITATION REMOVES ANGER RESTORES HOPE

Psalms 4:6-8 (ESV) There are many who say, “Who will show us some good?

Lift up the light of your face upon us, O LORD!”

7 You have put more joy in my heart

than they have when their grain and wine abound.

8 In peace I will both lie down and sleep;

for you alone, O LORD, make me dwell in safety.

## RESPOND LIKE GOD --FORGIVE

Ephesians 4:31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tenderhearted, forgiving one another,

as God in Christ forgave you.

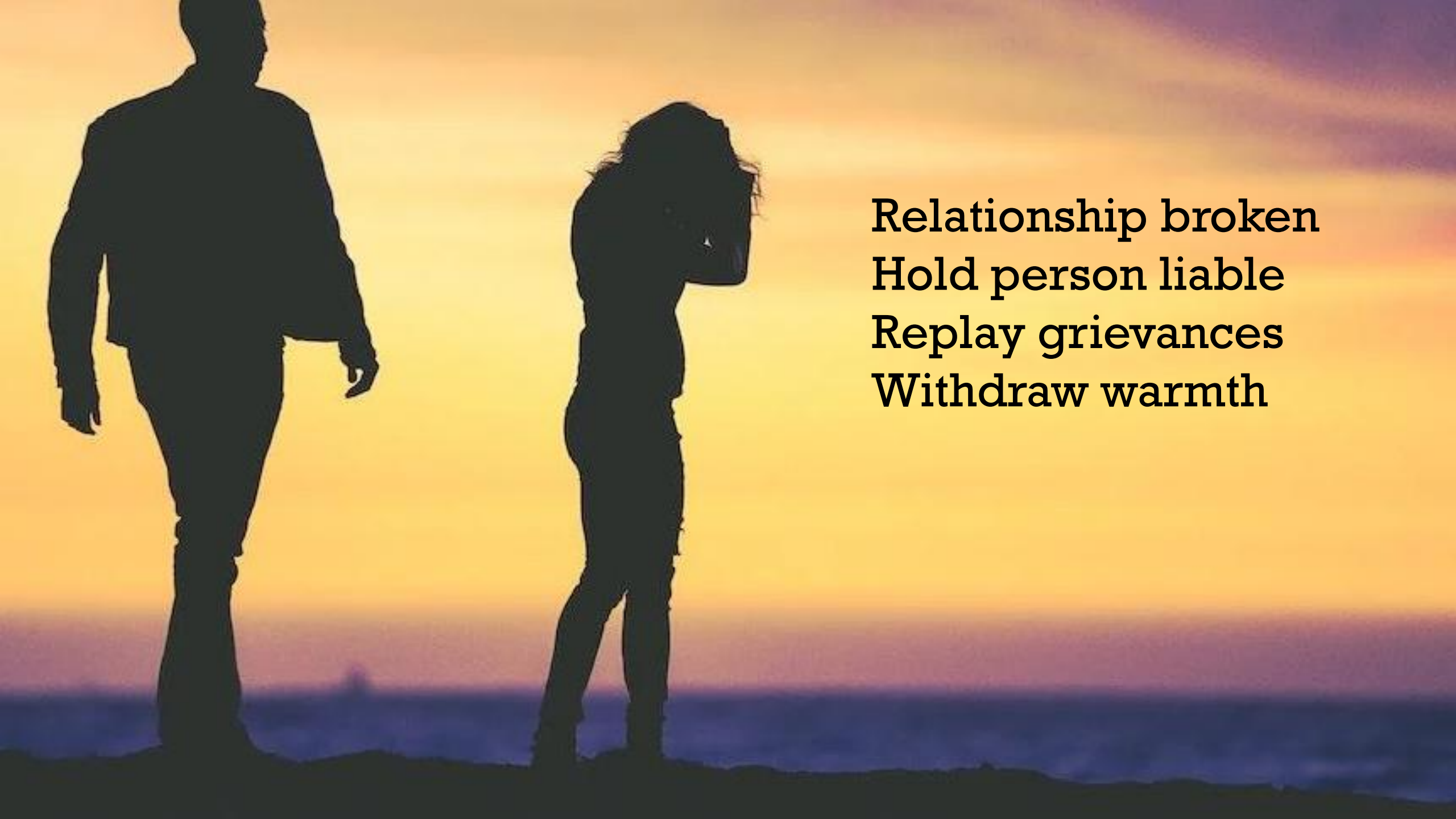


# BITTERNESS

Ephesians 4:31-32 (ESV) Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

# **BITTERNESS**

“emotional state of feeling distressed disappointment from unmet expectations or having the perception of being treated unfairly and holding someone liable”



Relationship broken  
Hold person liable  
Replay grievances  
Withdraw warmth

# **BITTERNESS**



- Grievances to Yourself
- To the person
- To others—slander-prayer request
- Judging—passing sentence
- Wishes evil on a person
- Rejoice when they fall
- Actively retaliate in some cases



HOW TO  
FORGIVE  
WHEN YOU CAN'T  
FORGET

Se act as judge and executioner ..actively will revenge

# CONTRAST GOD WHO FORGIVES AND DOES NOT HOLD YOU LIABLE

Isaiah 43:25 (ESV) I, I am he who blots out  
your transgressions for my own sake,  
and I will not remember your sins.



Not mental recollection  
Take action

# BITTERNESS

Ephesians 4:31-32 (ESV) Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

# PAUL IS PUTTING IN A CASE HISTORY CHANGE ON INSIDE.....ALL NEW

**Identity**

**Motives**

**Thinking**

I cannot be vindictive.

I have the right to be angry this was injustice but I won't let it become malignant bitter hatred

I grant the forgiveness before it is felt then anger will seep away

I am forgiven

What God has done for me

I can forgive others

God is the judge I don't need to be the judge



# HOW TO GET RID OF BITTERNESS

INTERNATIONAL  
DEBT IS

\$ 31

TRILLION  
AND GROWING

 PETER G.  
PETERSON  
FOUNDATION

[pgpf.org](http://pgpf.org)

We do not deny the crime  
Forgiveness is to release the  
debt to suffer the loss ,  
transfer it



# MARTIN LUTHER

- Non violence is aggressive towards problems not persons
- Grant forgiveness before you feel it

EX CONVICT

YOU CANNOT BE THE  
JUDGE

SHALLIPOPI  
— 29 —

vevo

## MATTHEW 18 YOUR DEBT FORGIVEN

Matthew 18:32-33 (ESV) Then his master summoned him and said to him, 'You wicked servant! I forgave you all that debt because you pleaded with me. 33 And should not you have had mercy on your fellow servant, as I had mercy on you?'

# HEART CHANGED FOREVER



Luke 7: 45 You gave me no kiss, but from the time I came in she has not ceased to kiss my feet. 46 You did not anoint my head with oil, but she has anointed my feet with ointment. 47 Therefore I tell you, her sins, which are many, are forgiven—for she loved much. But he who is forgiven little, loves little.

**Ephesians 4:28-30 (ESV) Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.**

**29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.**

**30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.**

**Christians steal?**

**World believes**

**Covenant of works-perfect**



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- Ephesians 4:29 (ESV) Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.



Criteria...kind, apt, truthful

Attack the problem not the person





## TASTY

Colossians 4:6 (ESV)  
Let your speech  
always be gracious,  
seasoned with salt,  
so that you may know  
how you ought to  
answer each person.



**Words mold character**  
**Power over us**  
**Clothe angry thoughts**  
**Destroy relationship**  
**Split churches**  
**Destroy reputations**  
**Create impression about us**

# SPEAKING WORDS THAT BUILD UP



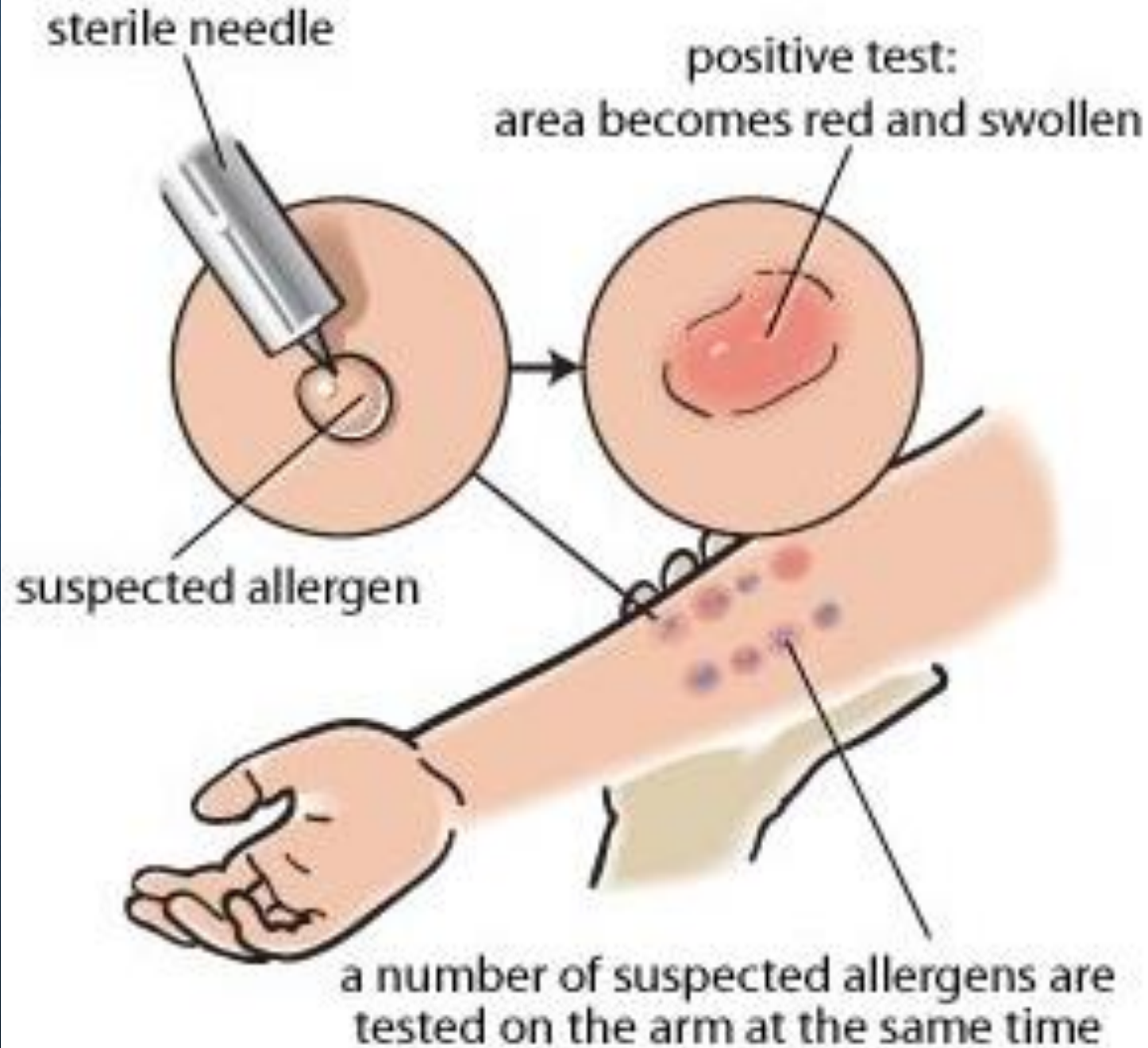
**PROVERBS 16:24 GRACIOUS WORDS ARE LIKE A HONEYCOMB,  
SWEETNESS TO THE SOUL AND HEALTH TO THE BODY.**

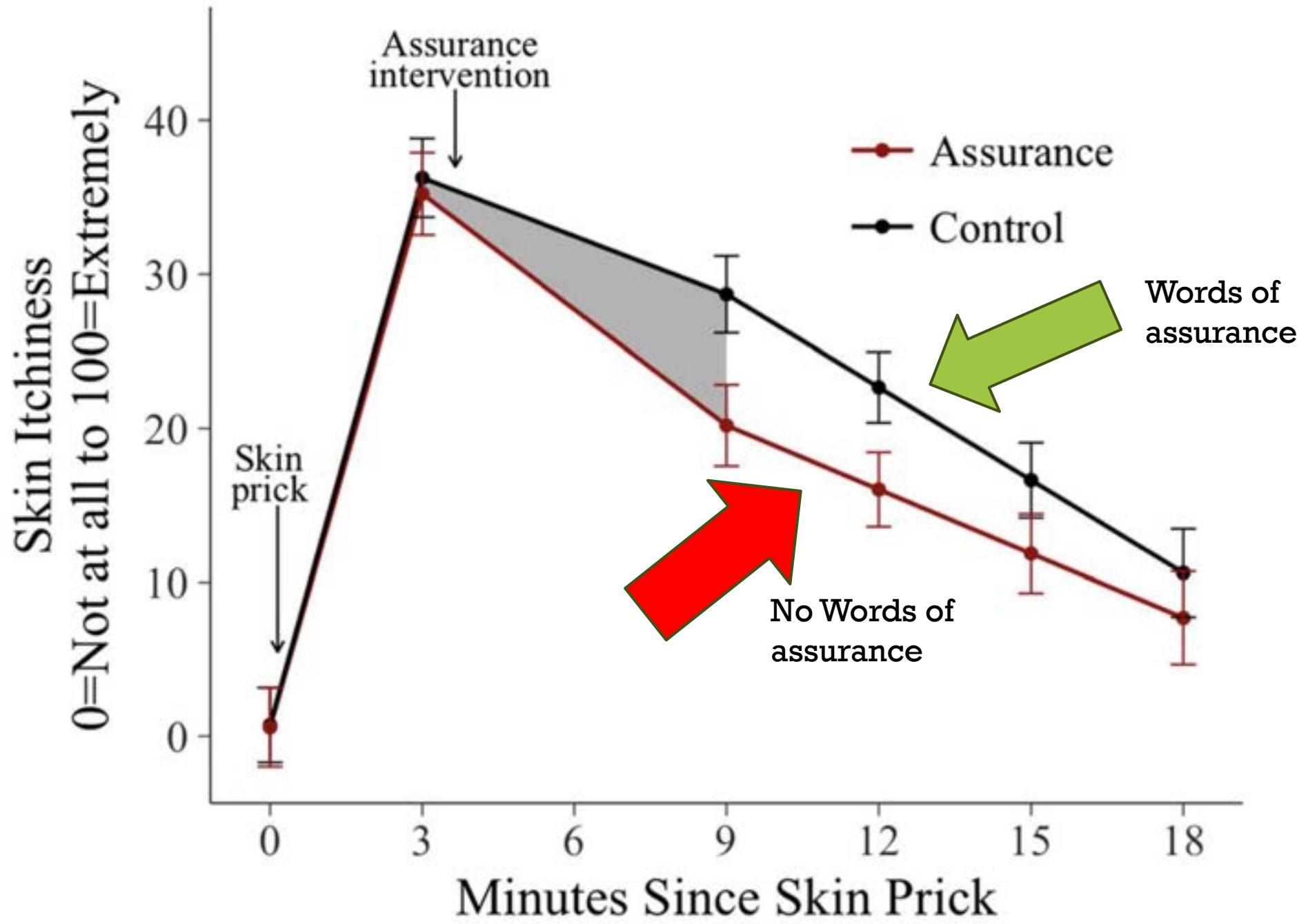
**PHYSICIAN ASSURANCE REDUCES  
PATIENT SYMPTOMS IN US ADULTS:  
AN EXPERIMENTAL STUDY**

Kari A. Leibowitz MA, Emerson J.  
Hardebeck BA, J. Parker Goyer  
PhD & Alia J. Crum PhD

*Journal of General Internal  
Medicine* volume 33, pages 2051–2052  
(2018)Cite this article

10 mg/mL histamine dihydrochloride to the  
forearm of 76 participants





# **SPIRITUAL POWER OF WORDS**

Proverbs 18:21 (ESV) Death and life are in the power of the tongue, and those who love it will eat its fruits.



# ACCOUNTABILITY

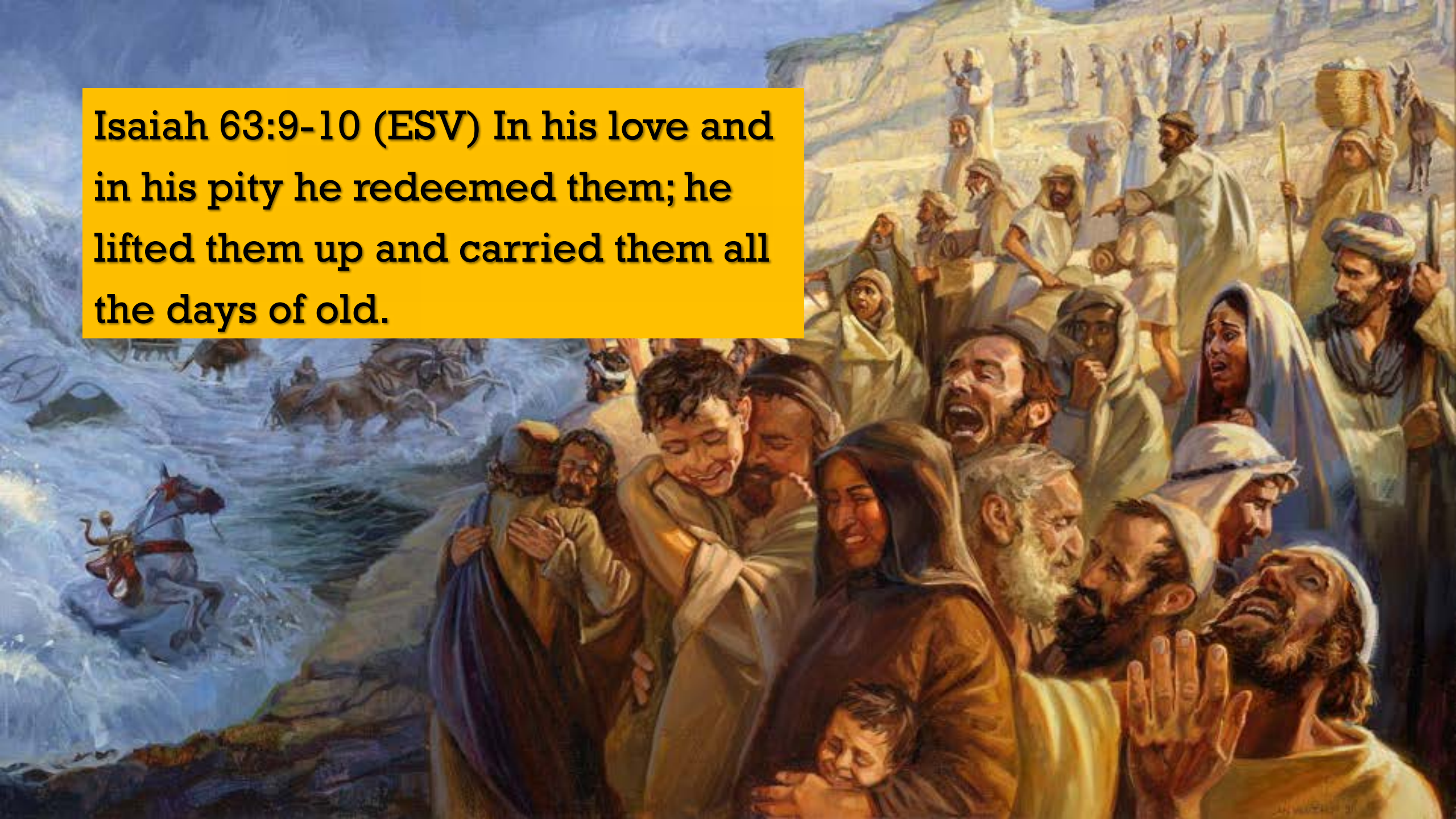
Matthew 12:36-37 (ESV) I tell you, on the day of judgment people will give account for every careless word they speak, 37 for by your words you will be justified, and by your words you will be condemned.”

Ephesians 4:28-30 (ESV) Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.

29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

**Isaiah 63:9-10 (ESV) In his love and in his pity he redeemed them; he lifted them up and carried them all the days of old.**





Isaiah 63:10 But they rebelled and grieved his Holy Spirit; therefore he turned to be their enemy, and himself fought against them

# THEIR TALK TEARS HIS NEW ISRAEL APART

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## CONCLUSION

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