

# Get Serious About Sinful Anger, part 2

*Ephesians 4:26b-27*  
*Message*

**Obediently and skillfully  
prevent sinful anger**

Vindictiveness is the chief expression of sinful anger

Anger is “a feeling of displeasure resulting from injury, mistreatment, opposition, etc., and usually showing itself in a desire to fight back at the supposed cause of this feeling”

*(Webster's New World Dictionary, 1976, p. 53)*

# Vindictive Anger

“The last thing we want is for the people to walk out of church on Sunday seething with anger at their culture” (John Piper)

“Punishment has of itself no regenerating or converting power”  
(John Murray, *Principles of Conduct*, p. 236)

## *Be slow to become angry*

**Jas 1:19-20; Prov 16:32; 19:11; 1 Cor 13:5**

**Our anger “is usually heavily impregnated with sin—self-importance, self-assertion, intolerance, stubbornness” (J. A. Motyer, *The Message of James*, p. 66)**

## *Cover sin by overlooking it*

1 Pet 4:8; Prov 10:12; 19:11

“a Christian should overlook sins against him if possible, and always be ready to forgive insults and unkindnesses” (John MacArthur, *Study Bible notes*, p. 1916)

“the offended overlooks all sorts of irritating and offensive violations of his rights” (Bruce Waltke, *Proverbs 15-31*, p. 105)

*Cover sin by addressing it*

**Jas 5:20; Rom 4:7**

**Pursue a constructive solution**

**Help the person grow in obedience to God**

*Do good to the person who offended you*

**Rom 12:17-21**

**Heaping burning coals on their head = doing good to them**

**Responding with kindness can help them realize their shame**



# Weight of Eternal Glory

## 2 Cor 4:17

Right now, our suffering, our afflictions, our trials seem to outweigh everything

They can seem like a mountain of heavy boulders



## Weight of Eternal Glory 2 Cor 4:17

In eternity, what God is providing for us will make those sufferings to seem like a few grains of sand on the scales. The weight of glory that He has in store for us is so far greater than the weight of our sufferings that there's really no comparison.



Is it OK to be  
angry with  
God?

Anger responds to perceived evil



Anger at God is accusing Him of doing evil



God is perfect, righteous, and holy



Therefore, to accuse Him of evil is  
blasphemy

# Biblical solution in intense suffering

1

Believe that your suffering is actually a key part of God's plan to do you good

2

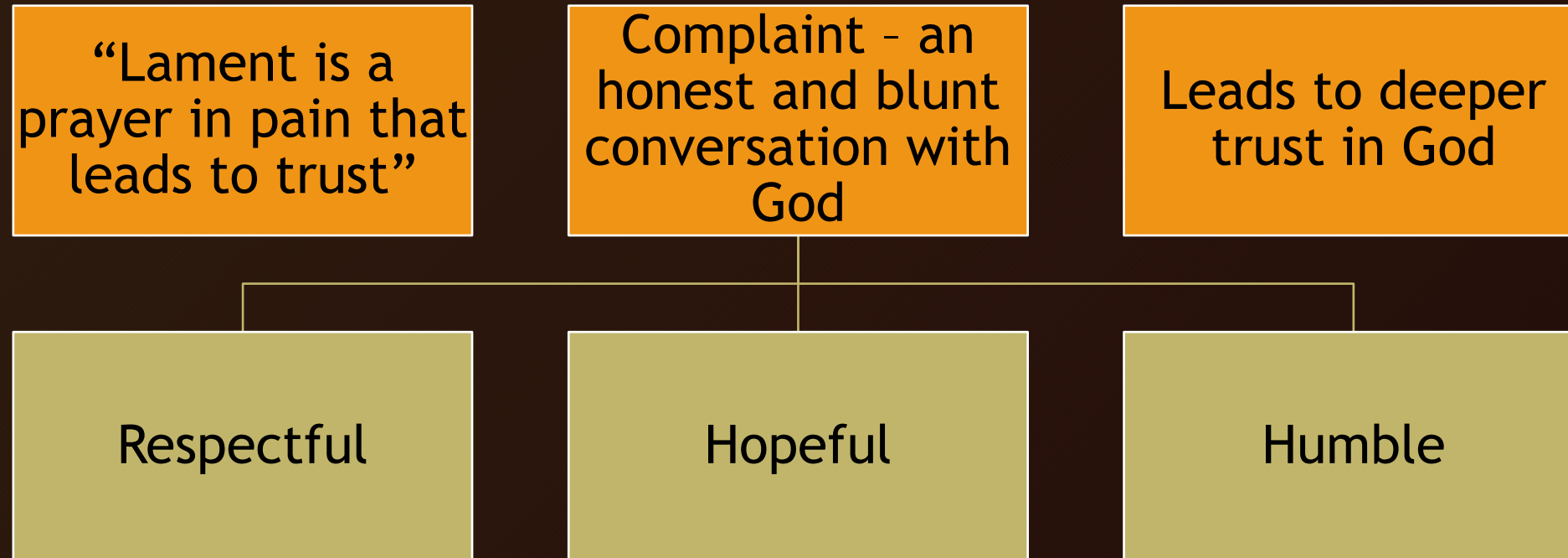
Draw near to the God cares deeply for you in your suffering

3

Realize your suffering is designed by God for spiritual growth

*What characteristic of God do you need to grow in? Sovereignty, goodness, faithfulness, wisdom?*

# Biblical Lament



(Mark Vroegop, *Dark Clouds Deep Mercy*, pp. 28, 42)

# Cry out to God in Lament

Move toward  
God in  
lament



Study the  
Lament  
psalms



Read “Dark  
Clouds, Deep  
Mercy”



GBC SS  
lessons on  
lament

## Personal Lament Psalms

3, 4, 5, 7, 10, 13, 17, 22, 25, 26, 28,  
31, 39, 42, 43, 54, 55, 56, 57, 59,  
61, 64, 70, 71, 77, 86, 120, 141, 142