

ANGER CAN TURN INTO SIN

Matthew 5:21-26

(Not entirely original with me)

Introduction: Everyone loses their temper at one time or another and some people seem to be in a permanent attitude of being mad - angry. Sadly, we often do "dumb" things when we are angry, we say things we wish later we had not said, we even physically "do" things we know later that we should not have done. As Christians, just how are we to act when we get angry? Are we allowed to get angry? Anger is a natural part of us, so just how are we to handle anger when it strikes us? Jesus had something to say about anger and anger management.

I. UNCONTROLLED ANGER IS SIN

(Matthew 5:21-22)

1. How we handle our anger determines whether it is sin or not.
 - Anger is not the same as or as bad as actually physically hurting someone.
 - Anger in itself is not a sin for Jesus, Himself, got angry at times (remember Him chasing out all the money changers in the temple?)
 - What we choose to do with our anger and what we choose to do because of anger can turn out to be sinful.
2. Saying nasty, hateful things, insults in anger is sin. *(Matthew 5:22)*
 - When we are angry, we are not really the "real" us, we are not what we normally would be like.
 - Calling people names, making fun of them, using unclean language, wishing them harm are not the actions of a person who is trying to live like Jesus.
 - When we get angry and say bad things about a person or people, we are over-riding God's ways and taking over and letting our old sin nature take control.
 - *Ephesians 4:26-27, 31; Colossians 3:8; James 1:19-20*

II. MAKING THINGS RIGHT IS ESSENTIAL

(Matthew 5:23-24)

1. A Christian cannot worship God if there are unresolved situations.
 - A disagreement, an argument, anything that has caused separation between you and someone else.
 - God will not listen to any prayer or entreaty by such a one of His Children under such circumstances.
2. Don't even attempt to "worship" if you are the guilty person, if you have caused a brother or sister to be angry or upset. Find that person, (them) and apologize, try to make things right.
 - God wants both sides to try to get things corrected.
 - Each person is to help "patch" things up, to come to some sort of agreement, to take his/her share of responsibility for whatever may have caused the conflict in the beginning.
 - Do not wait for the other party/person to come to you first, YOU go to the other person/party and initiate making things right, whether YOU are the one who received the hurt or the one who did the hurting.

III. MAKING THINGS RIGHT IS MORE IMPORTANT THAN WORSHIP (Matthew 5:25)

1. As a Christian it is always your responsibility to see that as best you can, relationships with others are as good as they can be.
2. If nobody tries to make things right then there will be bad consequences for all involved.
 - Continuing to hold anger in one's heart or have not tried to make things right will inevitably bring about sad and bad consequences.
 - God will eventually bring discipline to His Children if they don't try to make things right.
 - God will "get your attention" in one way or other and bring you to repentance toward Him and reconciliation to the one (those) who have been offended.
 - One way or other, God will get your attention.
3. Christian, if you have something against someone, if someone has something against you, then there is no need for you to try to worship, even pray, until you make an attempt to make things right.

CONCLUSION:

1. Everybody gets angry at one time or other and anger is a kind of an alarm.
 - Something is wrong somewhere.
 - There are such things as "false" alarms, that you have misinterpreted things.
2. Stay in control of your anger, don't let it take control of you.
 - Try not to say anything at the moment of your anger (bite your tongue).
 - Walk away, change the subject, count to 10, etc.
3. Learn how to be selective in being angry.
 - Being in a constant "conflictive" situation can be terrible unless one learns how to not be angry at the constant things that could stir up his/her anger.
 - Find a way that you can "overlook" things that would normally make you angry.
4. Christian, take the initiative in making peace regardless who is at fault.
5. Don't blame others or make excuses for your anger.
6. Christian, YOU forgive whether anyone else does or not - YOU DO!
7. Unresolved anger is a sin and that's why God tells us to not let the sun go down on our anger.
8. Christian, what we do with our anger really matters.
 - If we don't try to reconcile things
 - If we don't forgive then we are the ones who will get hurt the most.