

Anger Outline

1. Anger is not sinful in itself.

- a. It is an emotion designed to mobilize force to tear something apart.
- b. See Psalm 7:11; Mark 3:5
- c. Ephesians 4:26 indicates that its expression may be sinful.

2. Anger is sinful...

- a. When it grows out of pride, hurt feelings, etc.
- b. When it is expressed in sinful ways.

3. Two sinful expressions of righteous anger are

- a. Blowing Up (Ventilation).
 - i. Proverbs 29:11; 25:28; Ephesians 4:31.
 - ii. Energy is wasted and used to tear up others.
- b. Clamming Up (Internalization).
 - i. Leviticus 19:17-18; Ephesians 4:26
 - ii. Energy is wasted and used to tear up self.

4. There is a scripturally acceptable expression of anger.

- a. Not the opposite extreme of either sinful one:
 - i. Internalization to ventilation, or
 - ii. Ventilation to internalization.
- b. But anger released under control and aimed at tearing up the problem while building up persons (Ephesians 4:23).