

BEING MAD WITHOUT BEING BAD

Living with Integrity – Part 3

Ephesians 4:26-27, 29-32

March 21, 2010

1. There is a time to (shut-up) and listen-up.

“A fool gives full vent to his anger, but a wise man keeps himself under control.” – Proverbs 29:11

“You all must be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.” – James 1:19-20 NLT

“But now also put these things out of your life: anger, bad temper, doing or saying things to hurt others, and using evil words when you talk.” – Colossians 3:8 CEV

2. There is a time to (speak-up) and be honest.

“And don’t sin by letting anger control you. Don’t let the sun go down while you are still angry.” – Ephesians 4:26 NLT

“A gentle answer turns away wrath, but a harsh word stirs up anger.” – Proverbs 15:1

“In the temple courts [Jesus] found men selling cattle, sheep and doves, and others sitting at tables exchanging money. So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the moneychangers and overturned their tables. To those who had sold doves he said, ‘Get these out of here! How dare you turn my Father’s house into a market!’” – John 2:14-16

3. There is time to (wake-up) and see how our anger is giving the devil a foothold.

“Do not let the sun go down while you are still angry, and do not give the devil a foothold.” – Ephesians 4:26b-27

“And the tongue is like a fire. It is a whole world of evil among the parts of our bodies. The tongue spreads its evil through the whole body. The tongue is set on fire by hell, and it starts a fire that influences all of life.” – James 3:6 NCV

4. There is a time to (give-up) on being right and to focus on getting right.

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, which whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” – Ephesians 4:29-32

“Love is not easily angered. It keeps no record of wrongs.” – 1 Cor. 13:5