

The Message Notes

Series: Seven Deadly Sins

Message: *Overcoming Anger*

Sunday: September 20th 2020

Scripture: Ephesians 4:26-27



Introduction: We're still in our series entitled the "**Seven Deadly Sins.**" The Seven Deadly Sins are those sins which are **fatal** to our spiritual growth in Christ and our **relationships** with each other. This morning, we will discuss *Overcoming Anger*.

Review:

Proverbs 23:2. And put a knife to your throat if you are a man given to **appetite** (gluttony). (NKJV)

1. Overcoming the Sin of **Pride** – I Peter 5:5-8
2. Overcoming the Sin of **Envy** – Genesis 4:1-9
3. Overcoming the Sin of **Gluttony** – 3 John 1:2

3 John 1:2. Dear friend, I hope all is well with you and that you are as **healthy** in body as you are strong in spirit. (NLT)

Gluttony is a twofold sin:

1. Your **appetite** for **food** is an **addiction**
2. You eat and **neglect** the need of others

Why we eat:

1. Refuel
2. Compensate (binge/pleasure/stress/)

What we eat:

1. Nutritional foods (vegetation/fruit/kosher)
2. Junk foods (sugar/sodium/fat)

How we eat:

1. I can eat all things
2. I will not be brought under the control of food
3. I will discipline my appetite

Overcoming Gluttony:

1. We worship God with our Body – 1 Corinthians 6:20
2. We discipline our appetites
 - a) **Diet** – right type of foods (plant/fruit/kosher)
 - b) **Portion** – right amount of food
 - c) **Fasting** – right times you rest from food

3. We live by a Nutrisystem for fitness

- a) **Eating** – fueling (diet, portions, and fasting)
- b) **Exercising** – using (burn, build, and boost)
- c) **Examining** - checking (care for our body)

Message: Overcoming Anger

Ephesians 4:26. “Be angry, and do not sin:” do not let the sun go down on your wrath, **27.** nor give place to the devil. (NKJV)

Anger is intertwined within our primitive nature to fight for survival and protection.

Anger comes from our response to protect ourselves from a perceived attack, hurt, or adverse conditions.

Biblical definition of anger:

- Passion/Energy
- Agitated/boiling
- Anger – Action

Types of Anger:

- a) Tantrums – you don’t get your way
- b) Emotional – your feelings have been hurt
- c) Survival – you are standing up for yourself
- d) Offended – someone has upset you
- e) Righteous – stand against unfairness or inequality

1. _____ anger – v26a. “Be angry and do not sin.”

“Anger is not a sin, it leads to sin.”

Proverbs 16:32. He who is **slow to anger** is better than the mighty, And he who rules his spirit than he who takes a city. (NKJV)

References: Psalms 7:11, 2 Peter 3:9, Matthew 21:12-13, Proverbs 19:11, 20:22, Ecclesiastes 7:9

2. _____ anger – v26b. Do not let the sun go down on your wrath,

Psalms 37:8. Stop being angry! Turn from your rage! Do not lose your temper—it only leads to harm. (NLT) References: Romans 12:19, James 1:19

3. _____ of anger – v27. nor give place to the devil

Proverbs 14:17. Short-tempered people do foolish things, and schemers are hated. (NLT) References: Proverbs 15:18, 22:24, 29:11, Ephesians 4:31