

Introduction: $AQ = (E + P) \times O426$

Anger Quotient = (Environment + Perspective) x Obedience to Ephesians 4:26

“Be angry, and yet do not sin; do not let the sun go down on your anger.”

Ephesians 4:26

I. Environment

➤ **Question -**

➤ **Answer -**

➤ **Key -**

➤ **Goal -**

- **Minimize Stress**

1. Eliminate hurry –
2. Downsize expectations –
3. Learn to say no –

4. Admit mistakes and imperfections –
5. Laugh more—don't take life or yourself too seriously –
6. Take care of yourself –
7. Know what triggers your anger –

HALT: Stop when you're hungry, angry, lonely, or tired

II. Perspective

- **Maximize God**

1. Get right with God: believe in Him, confess your sins, forgive others.
James 4:7-8
2. Experience God's unconditional love and acceptance. *Zephaniah 3:17*
3. Accept who God made you to be. *Psalms 139:13-16*
4. Trust God and His sovereignty—let Him be in control. *Isaiah 40:25-28*
5. Be merciful. *Luke 6:35-36*
6. Pray about everything. *Philippians 4:6-7*

Application Questions:

1. Have you experienced a time when your angry attitude was transformed due to a new or changed perspective? If so, what did you learn from that process? If not, what have you learned in this chapter that could help?
2. What things do you wish were different in your life? What degree of anger do you sense as a result of those things?
3. In what ways might God's love change your perspective on yourself if it really sank into your heart? In what ways might His sovereignty do the same if your mind could truly grasp it?
4. How do you think God wants you to respond to Him right now?

²⁶Be angry, and {yet} do not sin; do not let the sun go down on your anger, ²⁷and do not give the devil an opportunity.

Ephesians 4:26-27

Introduction: How to be good and mad

- Anger is a channel to maximize your potential in Christ.
- God's agenda for your life is for you to trust Him.
- What's at stake – God gave you this gift of anger to transform your life to make you like Christ.

I. God commands us to express our anger.

Ephesians 4:26a

II. God commands us to express our anger appropriately.

Ephesians 4:26b

III. Righteous Indignation: How God Used Anger

- Jesus was visibly angry. Mark 3
- Jesus was verbally angry. Matthew 23
- Jesus was physically angry. Mark 11

IV. God commands us to resolve our anger before bedtime.

Ephesians 4:26c-27

Anger Resolution = “Healing the Wound” so good things can happen.

- **Step #1 – Cleanse the wound**

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Ephesians 4:31

HOW?

CONFESS and **REPENT** of unresolved anger!

- **Step #2 – Treat the wound**

³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32

HOW?

Extend **FORGIVENESS** and seek **RECONCILIATION**!

As far as it depends on you!

- **Step #3 – Bandage the wound**

*¹Be imitators of God, therefore, as dearly loved children
²and live a life of love, just as Christ loved us and gave Himself up for us as a fragrant offering and sacrifice to God.*

Ephesians 5:1-2

HOW?

Put the **PAST** behind you!

Discussion Questions:

1. In what areas do you see the need to be more expressive in your anger?
2. What safeguards can help you express your anger yet do so appropriately?
3. How is the example of Jesus helpful as you examine anger issues relevant to you?
4. What did you learn about anger resolution? Why is resolution so important?
5. Are there any anger issues or relationships in your life that need complete resolution? What steps are you willing to take?

Conclusion – Epilogue

- Insights gained
- Personal strategies for growth
- Theological implications