

Rooting Out Anger

Ephesians 4:26-32

“BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, and do not give the devil an opportunity. He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need. Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.”
(Ephesians 4:26–32 NASB)

1. Be Angry, But Do Not Sin.

“BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger,” (Ephesians 4:26)

2. Deal With Your Anger Immediately.

“BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger,” (Ephesians 4:26)

3. Do Not Give Your Anger or the Devil a Place.

“and do not give the devil an opportunity.” (Ephesians 4:27)

“Neither give place to the devil.” (Ephesians 4:27, KJV)

4. Rely on the Holy Spirit to Help You Displace Anger and Put On Self Control.



“Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.” (Ephesians 4:30)

“But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. But if you are led by the Spirit, you are not under the Law. Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.” (Galatians 5:16–24)

5. Dig Up the Roots of Bitterness, Wrath, Anger, Clamor, Slander, and Malice.

“Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.” (Ephesians 4:31)

“But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth. Do not lie to one another, since you laid aside the old self with its evil practices, and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him— a renewal in which there is no distinction between Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave and freeman, but Christ is all, and in all. So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. Beyond all these things put on love, which is the perfect bond of unity. Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God. Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father.” (Colossians 3:8–17)



“See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled; that there be no immoral or godless person like Esau, who sold his own birthright for a single meal.” (Hebrews 12:15–16)

6. Imitate Jesus by Being Kind, Compassionate, and Forgiving.

“Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.” (Ephesians 4:32)

“But Jesus was saying, “Father, forgive them; for they do not know what they are doing.” And they cast lots, dividing up His garments among themselves.” (Luke 23:34)

“For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, WHO COMMITTED NO SIN, NOR WAS ANY DECEIT FOUND IN HIS MOUTH; and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting Himself to Him who judges righteously; and He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed.” (1 Peter 2:21–24)

“Then falling on his knees, he cried out with a loud voice, “Lord, do not hold this sin against them!” Having said this, he fell asleep.” (Acts 7:60)

Verses to Help You Root Out Anger

“This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God.” (James 1:19–20)

“He who is slow to anger has great understanding, But he who is quick-tempered exalts folly.” (Proverbs 14:29)

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

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



“The beginning of strife is like letting out water, So abandon the quarrel before it breaks out.” (Proverbs 17:14)

“He who restrains his words has knowledge, And he who has a cool spirit is a man of understanding.” (Proverbs 17:27)

“A man’s discretion makes him slow to anger, And it is his glory to overlook a transgression.” (Proverbs 19:11)

“Do not associate with a man given to anger; Or go with a hot-tempered man, Or you will learn his ways And find a snare for yourself.” (Proverbs 22:24–25)

“Like a city that is broken into and without walls Is a man who has no control over his spirit.” (Proverbs 25:28)

“Like charcoal to hot embers and wood to fire, So is a contentious man to kindle strife.” (Proverbs 26:21)

“A fool always loses his temper, But a wise man holds it back.” (Proverbs 29:11)

“An angry man stirs up strife, And a hot-tempered man abounds in transgression.” (Proverbs 29:22)

“Do not be eager in your heart to be angry, For anger resides in the bosom of fools.” (Ecclesiastes 7:9)

“Never pay back evil for evil to anyone. Respect what is right in the sight of all men. If possible, so far as it depends on you, be at peace with all men. Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, “VENGEANCE IS MINE, I WILL REPAY,” says the Lord. “BUT IF YOUR ENEMY IS HUNGRY, FEED HIM, AND IF HE IS THIRSTY, GIVE HIM A DRINK; FOR IN SO DOING YOU WILL HEAP BURNING COALS ON HIS HEAD.” Do not be overcome by evil, but overcome evil with good.” (Romans 12:17–21)

“And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.” (Romans 12:2)

“Your word I have treasured in my heart, That I may not sin against You.” (Psalm 119:11)

Answers: Sin, Immediately, Place, Holy Spirit, Dig Up, Imitate Jesus.

