

EPHESIANS

GRACE IN ACTION



Aug. 30, 2026

The Proper Anger

Ephesians 4:25-27

Jesus is angry with sin, but He always welcomes sinners.

Anger is not one of God's attributes; it flows from His attributes.

Righteous anger is being angry at what makes God angry.

"the verse recognizes that there is such a thing as Christian anger, and too few Christians either feel or express it. Indeed, when we fail to do so, we deny God, damage ourselves and encourage the spread of evil....I go further and say that there is a great need in the contemporary world for more Christian anger. We human beings compromise with sin in a way in which God never does. In the face of blatant evil we should be indignant not tolerant, angry not apathetic. If God hates sin, his people should hate it too. If evil arouses his anger, it should arouse ours also... What other reaction can wickedness be expected to provoke in those who love God?" - John Stott

Discern if the anger is of God or man through Scripture and Christian community.

Address the sin in your life before dealing with the sin of others.

Anger lacking in grieving evil, empathy for people, and love for God is not righteous anger.

Righteous anger seeks redemption and restoration quickly.

"Of the seven deadly sins, anger is possibly the most fun. To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontation still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back; in many ways it is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you." - Frederick Buechner

Sinful anger:

- is self-centered.
- is easily provoked and uncontrollable.
- simmers.
- gets personal.

Other Scripture:

James 1:19-20; Mark 3:4-5; John 2:13-17; Psalm 2:1-2; Luke 15:25-32; 1 Corinthians 13:4-7

Further Study:

Read: Ephesians 4:25-27 and the other scripture in your group or with at least one other person.

1. Have someone read it while everyone reads along.
2. Have someone else read it while everyone else listens.
3. Have someone recount the text from memory in their own words.

Discuss:

1. What does the passage reveal about God?
2. What does the passage reveal about humanity?

Act:

1. If this passage is from God, what should change about how you live?
2. Who needs to hear the truth of this Scripture that you can share it with this week?
3. Identify a time this week when you might have the opportunity to share with them.