

Sermon Discussion

17 July 2022

Read Ephesians 4:25-32

Dig Deeper

Be angry and do not sin (v. 26) is a quotation from Psalm 4:4, which is rendered literally. Most commentators today accept that this is conditional: *“Although [or if] you get angry, do not sin.”* This is the reasoning behind the NIV.

Some, however, still view this as a double command, placing a moral obligation on believers to be angry if the occasion requires but not to sin in that anger. This may be reading too much into the verse since Paul’s concern is the prevention of sin, not the obligation of anger.

While believers may at times be legitimately angry (with righteous anger against sin, *see John 2:13-16*), they are not to sin. The way to prevent such sin is to keep short accounts or dealing with the anger before the **sun goes down**. That the sun is not to go down on our anger is a way of saying that anger must not endure. It must be dealt with quickly and then set aside.

This then gives the devil an **opportunity** (*“a place or foothold”*) for leading that Christian into further sin. Then anger begins to control the believer rather than the believer controlling his anger. Paul does not want believers to give the devil room in our lives to operate. Anger is one place of inroad for him, a Trojan horse for his attack. In other words, anger usually leads to other sins.

1. Looking at the broader context, why is speaking truth such an important virtue in Scripture (v.25)? What are some barriers that prevent you from being truthful and honest with people?
2. Do any of the commands regarding anger (v.26-27) surprise or challenge you? Why? Why would anger be described as giving the devil an opportunity?
3. Given that there is so much sin and injustice in the world, how can we know when we should take action against it?
4. Since we’re all so prone to self-justification, how can we objectively evaluate whether our anger is righteous or not?
5. Agree/disagree: Most anger stems from selfishness or wounded pride? Why do you believe this?
6. Is it right to use some vehemence to express righteous anger (i.e., the biblical prophets)? When do we go overboard?

Application & Prayer

Reflect on the attributes of God and the elements of the Gospel you see in this passage. How do your thoughts and actions testify to the truth you see in these Scriptures?

Pray that these scriptures would transform your life and renew your mind.

Is there someone you need to forgive in light of God's forgiveness of you in Christ (v.32)? If so, deal with it right away.