**Sermon Outline**

**Let Your Anger Fade with the Sun**

**Ephesians 4:26, 27 (Cyclical Inductive)**

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. (Eph 4:26, 27 NAU)

**Introduction**

1. **Arose Interest:** Anger can come at any time even in our busy and pressurized schedule and it often leave us in an unperceivable and uncontrollable state that can lingers in us for a long, long period.
2. **Need:** Do Christian struggle with anger? Is anger always wrong? Should we totally avoid it?
3. **Subject:** Why should we handle anger?
4. **Background:** Before conversion, the Ephesus believers were exposed to pagan practices such as Nicolaitans, the sin of idolatry, immorality, lust and false teaching which might still be present among these believers. Their unrepentant lives thus created anger among both the devout as well as the new and weaker believers.
5. **Preview:** Today’s text shows two reasons why we should resolve anger before we call it a day or before we sleep:
6. Anger in certain situation is right as it is commanded.
7. We should get angry when a believer continues to live in sin repeatedly and shows no effort of improvement after many times of counselling and grace given.
8. Avoiding anger might create wrong implication.
9. Nursing anger gives opportunity for the devil to lead one to temptation.
10. Our emotions often overtake our mind once we get angry.
11. Unthoughtful words and reaction can hurt relationship.

**Conclusion**

1. Resolve anger with one another before the day ends was to avoid falling into sin and also to avoid giving the devil any opportunity for temptation.
2. Nursing anger can lead to sin, it can even cause disunity and destroy relationship.
3. Application: Is there someone you are angry over? For all you know, it may not be for the reason you thought it is.
4. Pray over this matter, learn to forgive one another and ask God to help you resolve the matter as soon as possible.
5. Remember you can be angry, resolve it before the day ends so that you don't fall into sin.

**Main Idea:** Be angry, resolve it before we call it a day or before we sleep so that you don’t fall into sin.

**Sermon Manuscript**

**Let Your Anger Fade with the Sun**

**Ephesians 4:26, 27 (Cyclical Inductive)**

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. (Eph 4:26, 27 NAU)

Topic: Be Angry But Do Not Sin

Subject: The reason for us to resolve anger with one another

Complement: Before the day ends is so that

Purpose: We do not give opportunity for ourselves to fall into sin and

temptation.

**Introduction**

1. **Arose Interest:**

Reserving seats at the hawker center with our belongings like bags, umbrella or even tissue is a common practice in Singapore. However, one such incident spark a big quarrel at the Toa Payoh Lorong 8 Hawker Center on 21st April, this year.

Apparently, the dispute was over an empty table in which a well-dressed young lady had reserved with her small foldable umbrella. According to the witness, the elderly man who was holding a tray of food was only asking this young lady for an empty seat. But, she rejected his request. Scolding and shouting at him loudly, she claimed that all the seats have been reserved.

Just then, her boyfriend came to the scene from behind and violently pushed this elderly man. Their quarrel continued and intensified.

Onlookers started to approach the couple and the elderly man to resolve the situation. However, when one of the onlookers told her boyfriend that he should not have pushed the elderly man, he got angry and pushed away the plates and bowls on the table onto the floor.

A Youtube video of this incident had went viral. Today, it has drawn over eleven thousand viewers.

Isn’t the reservation of seats in public hawker center, only a small matter?

Why must this couple be so angry with the elderly man over such a small matter?

What about in church?

Do we get angry easily and/or even over a small matter?

I was a keyboardist for a small church of less than fifty members. Due to the lack of manpower, I happened to be serving more frequently. We have an elderly sister who served as a worship leader. Someone told her that she could sing well. But, I felt otherwise. She quite inflexible and maintained the old ways of worship. Her series of songs for worship service were usually old ones and very slow too.

Each time in the worship practice or even during worship service, she had a bad habit of continuous looking and giving instructions to only one member of the worship team. That regardless of any issue. You see, she only gave instructions to the keyboardist. She expected the keyboardist to repeat her instructions to the rest of the members even though they were already there in her presence during all the practices.

We are a small church, but we have a worship team is made up of at least more than four members.

Being the person-in-charge, I have requested and reminded many times that she speaks to the whole group instead of just one person, the keyboardist. She disagreed and to no avail, she continued her usual way of giving instructions during worship practices.

Can you not get angry over this matter?

Can I avoid the matter?

Just ignore the rest of the members in the worship team, can we still continue to serve together as a team?

Anger is common in life, almost none can ever escape it.

Anger visits us at times like an unexpected guest.

Especially, when we are busy and pressurized with piles of work, we can be easily triggered with anger.

Yet, being angry is a normal and even a healthy emotion.

However, it is vital to deal with it in a positive way.

One author, John Milton says, “a heaven out of hell, hell out of heaven that is how serious anger can become”.

1. **Background:**
   1. Paul visited Ephesus in AD 52. Paul had established his ministry in Ephesus for 3 years.
   2. In Acts 19:9, Paul even taught the people despite a hot mid-day hours in the lecture hall of Tyrannus.
   3. Before conversion, the Ephesians were influenced by pagan practices such as Nicolaitans.
      1. Nicolaitans is an early Christian heretical sect made up of followers of Nicolas who was one of the seven deacon chosen by the 12 apostles. (Acts 6:5). There are different views on Nicolas as the founder:
      * Some of the church Fathers like Irenaeus, Hippolytus, Pseudo-Tertullian state that Nicolas (one of the seven deacon in Acts 6:5) was the founder of Nicoliatans in Rev 2:15.
      * While the other Fathers seem to suggest that this was merely a vain claim made by the Nicolaitans in seeking apostolic authority.
      1. This group is equated with “holding of doctrine of Balaam” who taught Israel to eat food offered to idiots and to commit sexual immorality.
      2. They had worked out a compromise with the church and taught that spiritual liberty gave them sufficient freedom to practice idolatry and immorality.
   4. So, the sin of idolatry, immorality, lust and false teaching might still be present among the believers.
   5. Some might have find it hard to confront their fellow believers of such sins. However, once being exposed or confronted of their sins, these believers could be angry with another.
   6. As a result, they might have chosen not to tell the truth to one another.
2. **Need:**

Do you struggle with anger?

Being angry is normal, but is it always wrong?

Should we hold back and withdraw, turn our feelings inward always appearing as if nothing has happened?

Allowing others to see that only the good side of us. That we are happy, joyful or always cool in their eyes. Is this the right way to live among one another?

Acting by attacking is definitely not an option.

1. **Subject:**

Why should we face the music, resolve our anger before we call it a day or before we sleep?

1. **Preview:**

Taken from today’s text, I am going to tell you two reasons why we should resolve anger before we call it a day or before you sleep:

I. Anger in certain situation is right as it is commanded.

Most of us may think of anger negatively.

But, anger is also one of the attributes of God.

In fact, God’s wrath is an expression of His holy love for his people.

J.I. Packer from his book “Knowing God” summarizes: “God’s wrath in the Bible is never the capricious, self-indulgent, irritable, morally ignoble thing that human anger so often is. It is, instead, a right and necessary reaction to objective moral evil”.

God’s redemptive plan is to eradicate sin from individual who has chosen to accept Christ as the personal Savior and Lord.

* + - 1. We should get angry when a believer continues to live in sin repeatedly and shows no effort of improvement after many times of counselling and grace given.

Many years ago, I bought a white electric guitar to use it as an instrument for our church worship service. The guitar was kept in church. However, one day it was lost. Our pastor and some of us were initially wondering how the electric guitar be lost so easily in church.

Later, much investigation, pastor found out that it was one of our youth Christian brother who had stolen it. He stole it and had also sold it on the same day to someone else. So, the guitar could no longer be found. Pastor then told me about this incident. Upon hearing this bad news, I was quite angry and sad at the same time.

The guitar was only a few hundred dollars and I also knew that the brother personally. Since he was poor, I did not ask for repayment. I forgave him. Then, the church decided to buy a new, one thousand dollar Yamaha electric guitar for the worship team.

However, a few years later, this same brother went about in church borrowing money from members. He first borrowed from his closest friend who was also his school teacher, then from other church members. I lent him some amount as well.

It seemed that after many times of counselling, favor and grace given, this brother continues in his old ways. He did not turn away from his bad habit of borrowing money or even stealing. We were rather angry with him for his unrepentant. The church then decided to make a public announcement to be aware of this brother’s bad habit of borrowing money and urged that anyone who encounters this issue should alert the church immediately. The brother still did not turn from his ways and had eventually left our congregation.

God hates sin. Sin separates us from God.

Jesus came to redeem us from the penalty of sins, eternal death.

We need to be angry and correct our brother in love.

* + - 1. Choosing to avoid anger may create wrong implication.

What do I mean?

Avoiding anger is liked pretending that nothing has happened. That everything is alright. A reaction chosen to cover up problem or serious issue. Thus, giving a wrong implication that everything is fine and that nothing serious has happened after all. So, no help is needed.

However, the truth is that the issue continues to live on and burn inside till it is too hard to handle.

Going on a vacation or involving with piles of work I sometimes do these to get away from problem. To avoid a problem and to free myself from a situation.

Like others, I sometimes may even indulge in excessive eating. Filling myself with sweet stuffs or delicious meal at times can really brighten my days.

While avoiding anger may allow time to evaluate and prevent outburst of anger, totally ignoring the anger affects us in other ways.

Without clarifying the matter, we may resort to live with wrong implications like making wrong assumption of the person fault, or that we may give impression that we do not care about the relationship. In a long run, this affects our relationships and our health as well.

1. Nursing anger gives opportunity for the devil to lead one to temptation.
2. Our emotions often overtake our mind once we get angry.

Quoting from John Milton, he said, “the mind in its own place, and in itself can make a heaven of hell, or a hell of heaven”.

We familiar with the passage on Cain and Abel in Genesis 4.

When Cain realized that his offerings was not accepted, he was raged with anger towards his own blood brother, Abel.

This is what the Scripture says,

“3 So it came about in the course of time that Cain brought an offering to the LORD of the fruit of the ground.

4 Abel, on his part also brought of the firstlings of his flock and of their fat portions. And the LORD had regard for Abel and for his offering;

5 but for Cain and for his offering He had no regard. So Cain became very angry and his countenance fell.

6 Then the LORD said to Cain, "Why are you angry? And why has your countenance fallen?

7 "If you do well, will not *your countenance* be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it."

8 Cain told Abel his brother. And it came about when they were in the field, that Cain rose up against Abel his brother and killed him. (Gen. 4:3-8 NAU)

Cain was angry with God.

But, he chose to channel his anger towards his brother.

So angry was Cain that he murdered him.

But, as we know, his dear brother who died is not the cause of this problem.

Abel went out of his way to please God, whereas Cain was simply discharging a duty.

In 1 John 3:12, Abel’s actions were righteous, whereas Cain’s were evil.

Cain could have changed his ways and responded to please God.

Anger can really overtake our thoughts and entice us to commit foolishness. Sometimes, unwanted harmful outcome can result.

1. Unthoughtful words and reaction can hurt relationship.

Somehow words like “always”, “every time”, “you never change” had negative implication. For instance, a conversation between a couple.

A wife came to husband and say, “Honey, you always say the same old thing”,

And the husband reply, “yes, its true, I also hear this same saying from you, every time.”

The wife says, “you never change.”

And the husband reply, “I can’t tell any difference in you, too.”

And so the conversation continues till the cow comes home.

We may ask ourselves, “is this conversation helpful or harmful?”

“Does it create anger? Or that, conversing in this manner is not worth the time or effort?

Proverbs 25:11 (NIV) says,

“The right word at the right time is like golden apples in silver jewelry.”

**Conclusion**

1. Resolve anger with one another before we call it a day or before we sleep. Let us do this to avoid falling into sin.
2. A mother told her angry son that each time he is angry, he must hammer a nail into the wood fence behind their house. So, the son did that each time he was angry. Soon, he discovered that he was able to control his anger. His mother told him that each time he had success in controlling his anger, he can pull out a nail from that same wood fence. So, He did.

After a period of time, he was very happy that he could finally control his anger and that he could pulled out the last nail that was in the wood fence.

However, after hearing of his victory, the mother brought him to see the wood behind the house.

She asked her son, “Do you see the holes?”

“Yes”, he replied.

The mother says, “These are the marks that you leave behind each time you release anger to others. It will result in wounds that will take time to heal.”

So, my dear brothers and sisters in Christ. Anger in certain situation is right. However, we need to use it with caution, maturity and discernment.

1. Nursing anger can lead to sin, can even cause disunity and destroy relationship.
2. Application: Is there someone you are angry over? For all you know, it may not be for the reason you thought it is.
3. Pray over this matter, learn to forgive one another and ask God to help you to love and resolve the matter as soon as possible.
4. **Main Idea:** Remember, you can be angry, resolve it before we call it a day or before we sleep so that you don’t fall into sin.

**Prayer**

Dear God,

Thank you for loving us.

Thank you for watching over us. We acknowledge that You know us best.

God, help us put down our pride and make every effort to live together as children of Yours.

Where there is any episode of misunderstanding or that if we harbor anger against each other, God, by Your mercy and grace, may You grant us honest evaluation and grant us opportunity for restoration.

Help us live to be Your People, God’s People in wherever we are, whoever we are with and in whatever we do.

In Jesus Name,

we pray.

Amen.

**EXEGETICAL OUTLINE**

**EPHESIANS 4:26, 27**

**Let Your Anger fade away with the Sun**

26 BE ANGRY, AND *yet* DO NOT SIN; do not let the sun go down on your anger,

27 and do not give the devil an opportunity. (Eph. 4:26-27 NAU)

**EXEGETICAL OUTLINE**

**Exegetical Idea:** The reason for the Ephesians to resolve their anger before the day ends was to avoid falling into sin and also to avoid giving the devil any opportunity for temptation.

**Exegetical Points:**

1. The reason Ephesus’ believers must resolve their anger before the day ends was to avoid falling into sin. (26a, 26b).
2. Anger in certain situation is right as it is commanded. (26a)
3. Unresolved anger might lead one to commit sin. (26b)
4. The reason Ephesus’ believers must resolve their anger before the day ends is to avoid giving the devil any opportunity for temptation. (27)
5. Nursing anger gives opportunity for the devil to lead one to temptation.

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**Study Text (Step 1):**

**Translations of Ephesians 4:26**

**GREEK** ὀργίζεσθε καὶ μὴ ἁμαρτάνετε· ὁ ἥλιος μὴ ἐπιδυέτω ἐπὶ [τῷ] παροργισμῷ

ὑμῶν,

**ESV** Be angry and do not sin; do not let the sun go down on your anger,

**KJV** Be ye angry, and sin not: let not the sun go down upon your wrath:

**NASB** BE ANGRY, AND do not let the on your anger,

*yet* DO NOT SIN; sun go down

**NIV** "In your anger do not sin": Do not let the sun go down while you are still

angry,

**NIRV** Scripture says, do not sin. "Ra Do not let the sun go while you are

"When you are down still angry.

angry,

**Greek Translation**

* ὀργίζεσθε – you were making angry (Verb, imperative, Present Passive 2nd Person Plural from **ὀργίζω – to make angry).**
* καὶ - and (Conjunction).
* μὴ - not (Negativity).
* ἁμαρτάνετε· - you were sinning (Verb imperative present active 2nd person plural from **ἁμαρτάνω – to sin).**
* ὁ ἥλιος – the sun (noun nominative masculine singular common from **ἥλιος – sun).**
* μὴ - not (Negativity).
* ἐπιδυέτω – They were going down or setting down (Verb imperative present active 3rd person singular from **ἐπιδύω – to set, go down).**
* ἐπὶ [τῷ] – on the basis, at (Preposition).
* παροργισμῷ - with anger (noun dative masculine singular common from **παροργισμός – irritation, anger).**
* ὑμῶν, - your (Pronoun personal genitive plural from **συ - you**).

The followings are common statements found from the above versions of the verse 4:26:

* You can be angry.
* Be angry, but do not sin when you are angry.
* Do not let your anger stay till the sunset.

**Translations of Ephesians 4:27**

**GREEK** μηδὲ δίδοτε τόπον τῷ διαβόλῳ.

**ESV**  and give no opportunity to the devil.

**KJV** Neither give place to the devil.

**NASB** and do not give the devil an opportunity.

**NIV** and do not give the devil a foothold.

**NIRV** Don't give the devil a chance.

**Greek Translation**

* μηδὲ - but not, nor, not even (Conjunction).
* δίδοτε – You were to give (verb imperative present active 2nd person plural from **δίδωμι – to give).**
* τόπον – place(noun accusative masculine singular common from **τόπος – place).**
* τῷ διαβόλῳ. – the devil (noun dative masculine singular common from **διάβολος – slander, accuser, the devil).**

The following are common statements found from the above versions of verse 4:27:

* Do not give to the devil chance.
* Do not give opportunity for the devil to have control over you.

**Important Words Study**

* **Wrath or Anger**

1. “the personal manifestation of God’s holy, moral character in judgement against sin”.
2. God’s wrath is an expression of His holy love.
3. παροργισμῷ is translated as “anger” refers mostly to the source of anger rather than the results of anger in Greek literature like for instance anger due to external cause or provocation.

* **Sin**

1. “Lawlessness” (1 John 3:4) or transgression of God’s will, either omitting to do what God’s law requires or doing what it forbids”.
2. In the OT, the atonement of sin through sacrifice of animal by the priests.
3. Jesus Christ died once and for all, bearing the penalty of sin at the Cross.
4. A similar quote can be seen from Psalm 4:4.

**Study Question**

**Context: What did the author record just prior to this passage?**

1. Paul mentioned that Ephesus’ believers once had problem of immorality and lust before conversion.
2. Paul reminded and insisted that the church of Ephesus must not to live in their old sinful ways. But, to put off the old self and put on new self in Christ.
3. Paul insisted that the church of Ephesus must speak the truth to one another since they were united as one body of Christ.

**Purpose: Why is this passage in the Bible?**

1. Paul knew that there was issue of untruthfulness among the Ephesus’ believers.
2. Paul knew that when the truth was spoken to individual, due to sinful nature, one might find it hard to accept. Some believers might be angry. And that potential conflicts might occurred.
3. Paul knew that to be angry was part and parcel of life. For this reason, Paul cautioned the believers to be wise in handling one’s anger.
4. Paul intention was to urge them not to nurse anger. Quoting from Thielman that for we are governed by how we think and how we think determine how we act.
5. Paul knew that harboring anger could possibility develop hatred among one another and thus resulting in disunity.

**Background: What historical context helps us understand this passage?**

1. Ephesus’ believers were confronted with idolatry, immorality, lust and false teaching. They were under influenced of Nicoliatans in their time.
   1. Nicolaitans is an early Christian heretical sect. There are differing views regarding Nicolas (one of the seven deacon in Acts 6:5) as the founder of this sect.
      1. Some of the church Fathers like Irenaeus, Hippolytus, Pseudo-Tertullian state that Nicolas (one of the seven deacon in Acts 6:5) was the founder of Nicoliatans in Rev 2:15.
      2. While the other Fathers seem to suggest that this was merely a vain claim made by the Nicolaitans in seeking apostolic authority.
   2. This sect is equated with “holding of doctrine of Balaam” who taught Israel to eat food offered to idiots and to commit sexual immorality.
   3. They had worked out a compromise with the church and taught that spiritual liberty gave them sufficient freedom to practice idolatry and immorality.
2. Ephesus in Rev 2:1-7 was being described as a church that is flourishing.
   1. The church of Ephesus was hard working and preserving.
   2. Lost their first love and thus needed to repent.
   3. Rejected the practices of Nicolaitans.
3. Paul visited Ephesus in AD 52. Paul then established his ministry for 3 years. The longest church he had ever stayed with. He too wrote the book of 1 Corinthians from Ephesus. Paul taught the people during the hot mid-day hours in the lecture hall of Tyrannus. (Acts 19:9).
4. There was also strong influence of magic in Ephesus. (Acts 19:11-20).
5. After Paul’s departure, Timothy continued to face with false teaching in Ephesus (1 Tim 1:3).

**Questions:**

26a. Are there a lot of angry situation among the believers?

Probably their culture at that time. Having exposed to idolatry, immorality, lust and false teaching, chances are high that there might be angry feelings among believers. This is especially over the Nicolaitans and those who still live on their old sinful ways.

26b. Is it true that anger will lead to sin?

Quoting from John Milton, he said that the mind in its own place, and in itself can make a heaven of hell, or a hell of heaven. We therefore need to guard our mind and thoughts especially when we are angry.

26c. Is anger the same as conflict?

No. I guess conflict can be planned or unplanned. There was a situation of conflict in Acts 19:23-41 where a silversmith, Demetrius who was angry over the fact that business of making shrines of Artemis temple is facing lost. There was a riot.

26d. Must we aim to resolve conflict within a day?

Nursing an angry is not healthy.

26e. Is it better to allow amber time for anger to subside before revisiting the angry person or the conflict instead resolving it immediately?

The idea about resolving it before the sun goes down would mean to resolve issue as soon as possible. Sometime, the other party may not be ready to talk about the issue.

26f. Are people with full of anger still sober enough to resolve conflict?

Usually not. Therefore, it may be better to solve at later time and this requires experience and discernment.

26g. Are people in anger able to speak kind words or exercise gentleness while in conflict or it brings more harm and damage relationship?

Often it is not.

27a. Is it true that anger will give opportunity for the devil to have control of us?

Yes, especially when one kept thinking over the matter. It may take over what one has initially plan to do.

27b. Why does the devil choose to control us at a time when we are angry?

When provoke to anger, we are at our weakest moment. That is one reason why some people used it as an opportunity to provoke another to commit sin or crime.

27c. Is it always wrong to be angry with someone or about a situation?

Quoting from Bryan that the renewed person should think without uncontrolled or prolonged anger. People might be angry with another due to injustice, cruelty, false presumption, insensitivity and misunderstanding. Some could be motivated by their own emotional health express under stressful conditions. Paul is not forbidding anger but rather the sinful act resulted from anger. Our emotion should not control our actions. In fact, most counselors had discouraged the idea that expressing anger will result in a healthy psyche. It is more helpful and healthy to express honestly and explaining the source of anger.

**Exegetical Outline**

**Prologue:** Paul visited Ephesus in AD 52. Paul then established his ministry for 3 years. In Acts 19:9, Paul taught the people despite a hot mid-day hours in the lecture hall of Tyrannus. The background of the Ephesian was that they were influenced by pagan practices such as Nicolaitans. The sin of idolatry, immorality, lust and false teaching might still be present among the believers. Thus, some might have find in hard to expose their fellow believers of such sins. However, once being exposed or confronted of their sins, they might be angry. As a result, they might have chosen not to tell the truth to one another.

**Exegetical Idea (Step 3):** Refer to Page 9 Exegetical Idea in EXEGETICAL

OUTLINE section.

**Exegetical Points (Step 2):** Refer to Page 9 Exegetical Idea in EXEGETICAL

OUTLINE section item I and II.