**Anger (Righteous and Sinful)  
Ephesians 4:26, 31**

1. **What is anger?**Anger is an emotional response to circumstances, or to the words and behaviors of others. Anger is marked by an agitated ill-will toward its object.
2. **When is anger righteous?**  
   Anger is righteous when it is directed at a legitimate object, (legitimate according to God.)  
     
   **B. What are examples of righteous anger?**Mark 3:5  
   Mark 21:12-13  
   Mark 10:14Matthew 23:13-33  
     
   **C. What limit is placed on righteous anger?**“Let not the sun go down on your wrath.”
3. **What is sinful anger?**Anger directed at illegitimate objects. Sinful anger is seen in the presence of agitated ill-will when patience, kindness or forgiveness are called for.   
     
   Ephesians 4:31  
   “Let all bitterness and wrath and anger…be put away from you… (Ps. 37:8, Col. 3:8)  
     
   -sinful anger is the seed of murder (Matthew 5:22)  
   -sinful anger is counter-productive (James 1:20, Proverbs 29:22)  
    -victory over anger is of great value (Prov. 15:1, 14:29, 16:32, 19:11)
4. **Sinful anger vanquished by a renewed mind  
   Renewed to “understand:”  
     
   A.** The decree (Eph 3:11) and providence (Eph 1:11) of God.  
     
   **B.** That all my plans are contingent on God’s will (James 4:15).  
     
   **C.** That this fallen world necessarily contains discomfort, disappointment, and suffering. (John 16:33, John 15:19, Acts 14:22)  
     
   **D.** That all evil will work to my good. (Romans 8:28, Genesis 50:20)