



"Playing with Anger"  
Playing with Fire Series  
Pastor Mark  
3.21.21

"In your **anger** do not **sin**. Do not let the sun go down while you are **still angry**, and do not give **the devil** a **foothold**." Ephesians 4:26

"Then the Lord said to Cain, 'Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right **sin** is **crouching at the door**. It **desires to have you**, but you must **master it**.'" Genesis 4:6-7

People usually fall into 2 wrong categories with their anger:

- 1) **SPEWERS**
- 2) **STEWERS**

Spewers **EXPRESS IT**

- "A **fool** gives full vent to his anger, but a wise man **keeps himself under control**." Proverbs 29:11
- Spewers express it & leave a path of **DEVASTATION** behind them.

Stewers **SUPPRESS IT**

- "When I kept **silent**, my bones wasted away through **my groaning all day long**."
- "The older brother became **angry** and refused to go in." Luke 15:28
- A Stewers anger eats you alive from the **INSIDE OUT**.

So what are we going to do with our anger?

- We're going to **PUT IT OUT**.
- "Starting a quarrel is like breaching a dam; so **drop the matter** before a **dispute breaks out**." Proverbs 17:14

So what is righteous anger?

- Righteous anger is something that angers the **HEART OF GOD**.
- What are we going to do with our righteous anger?
  - We're going to **FAN THE FLAME**.
  - "He (Jesus) looked around at them in **anger** and, deeply distressed at their stubborn hearts, said to the man, 'Stretch out your hand.' He stretched it out, and his hand was completely restored." Mark 3:5

Points to Ponder:

- 1) Are you a Spewer or a Stewer? How will you put out your anger? (Proverbs 17:14)
- 2) My righteous anger is \_\_\_\_\_.