Heart of the Matter: Anger

Phil Robertson · Ephesians 4:26–32 · Series: **Meeting with Phil Robertson**

INTRODUCTION

- How often do we lay our head down at night knowing that there is a beast in our heart?
- Most people that have an anger problem don't see it. They don't recognize it. They'll make excuses for their behavior.

1 Do Not Let the Sun Go Down on Your Anger

Ephesians 4:26

- Be angry and do not sin. Do not let the sun go down on your anger.
- The apostle Paul tells us there is an anger that can lead to sin. And here's how it leads to sin. When this anger is allowed to be carried over.
- And you know why he's in prison? Because he was preaching the gospel.
- Don't allow your anger to persist and last, to the point that it not only becomes sin, but it carries over into other relationships.

2 Anger Says, You Owe Me

- You broke that promise. And you have robbed me of the peace and the joy and the comfort and the security that you promised to provide.
- This anger, this debt is there and it's left unpaid, and it's never been resolved.
- Every time I see you, the first thing that goes into my mind is, you owe me. You left a balance.
- The apostle Paul is pleading with us to see and understand that this kind of anger is sinful.

3 Put It Away: Lift Anchor

Ephesians 4:31–32

- Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you with all malice.
- The word put away is actually like a nautical term. It means to lift. It is actually the idea of lifting anchor.
- It is more important for you to lift anchor, forgive, and move on than to get paid back.
- And be kind to one another, tender hearted, forgiving one another, even as God in Christ forgave you.

4 Close the Debt by Looking to Your Savior

Isaiah 53:4–10; Ephesians 4:32

- He was wounded for Phil's transgressions. He was bruised for Phil's iniquities.
- You can close the debt. How? By looking to your Savior.
- Whatever the debt may be, don't you see they can never pay it back?

- Our God has forgiven us, and he has forgiven us knowing we can never repay him. And that's what forgiveness does. Forgiveness closes the debt.

5 How Do I Teach My Children?

Ephesians 6:1–4; Proverbs 22:24; Proverbs 29:22

- Fathers, do not provoke your children to wrath, but bring them up in the training and the admonition of the Lord.
- Here's how you teach your children the value of obedience. You obey. You obey. God said, forgive.
- We need to teach them the forgiveness of Christ.
- And then please, at all cost, you teach them to avoid wrath and anger.

6 Identify the True Source of My Anger and Forgive

Proverbs 16:32; Proverbs 19:11

- The first thing that I need to do is I need to identify the true source of my anger.
- You need to determine not only who owes you, but you need to determine how much they owe you.
- And then you know what you do? You decide once and for all to forgive them.
- Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

> THE CHALLENGE
>
> **Are you dealing with some baggage? Are you dealing with some pain? It's time to let it go. It's time to forgive.**

MY NOTES