

# THE REAL STORY

## WHAT ARE YOUR EMOTIONS TELLING YOU?

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**"ANGER"**

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**EPHESIANS 4:14-27 (ESV)**

**SERIES PREMISE:** Your emotions reveal what's really going on in you.

**Augustine:** "Our emotions often function like smoke from a fire... they tell us what is really going on in our heart."

**INSIGHT:** Our emotions are alarms... they indicate a life issue exists that needs to be dealt with.

### **I. THE ISSUE FOR A CHILD OF GOD REGARDING ANGER IS FELLOWSHIP.**

**INSIGHT:** Anger in the church and our homes and in our work world is at times necessary, but the wrong expression of anger is always destructive and always a sin.

### **II. WHICH FISH ARE YOU MOSTLY?**

**INSIGHT:** Just as the ocean has a lot of aggression, there's aggression in the ocean of our relationships.

**TRUTH:** God uses anger to take us to the deepest level of fellowship. So biblically, being angry is not a sin.

**INSIGHT:** If you never get angry in a relationship, it just means you don't care. Anger is a sign you care.

**INSIGHT:** You can have righteous anger well up in you and display it sinfully and destroy a relationship rather than deepen it. The issue with anger is all about how you express it.

#### **A. FISHES WHO REFLECT OUR WAYS WITH ANGER:**

1. PUFFER FISH: THE BLOW-UP

2. HERMIT CRAB: PULLS INTO A SHELL

3. ANGEL FISH: PASSIVE AGGRESSIVE

**INSIGHT:** Angel Fish people kiss you then stick a knife in you as you walk away.

**TRUTH:** You'll never get deep spiritually with a spouse or friend till you can express anger biblically by dealing with the issue, not attacking them.

4. STINGRAY: ATTACKS WHEN YOU STEP ON THEM

**INSIGHT:** Step on a stingray and the barbed tail will come up and get you.

5. ELECTRIC EEL: ALWAYS GRUMPY AND ISOLATED

6. SHARK: ATTACKS WHEN THEY SMELL BLOOD IN THE WATER

**TRUTH:** You can win the argument and lose the relationship, and that's why there are so many lost friendships and emotionally cold marriages.

**TRUTH:** Ephesians 4:26-27 is not about having anger; it's not about conflict. It's about how anger and conflict are expressed and handled.

### III. HOW TO OBEY THE LORD REGARDING OUR ANGER

A. Dive, dive, dive (Ephesians 4:14).

\*When family and friends get at each other, it's usually for three reasons that lie beneath the surface:

1. Hurt

2. Fear

**TRUTH:** Fear and insecurity are major causes of anger outbursts.

3. Frustration

**TRUTH:** The higher your control issue, the more intense your anger, because you're trying to control something you can't control.

B. Don't vent anger (Proverbs 29:11; Ephesians 4:29).

**CLOSING TRUTH:** Biblically expressed anger should build relationships, not destroy them.

**INVITATION:** There are three biblical responses to this message you could bring to the Lord today:

1. Admit to God you are or have been angry with someone, and be specific.

2. Admit to God you blew how you handled your anger with someone, and ask forgiveness, then go to the person.

3. Make sure all your friends who've seen you angry and how you handled it wrongly would listen to you talk about Jesus.

**INSIGHT:** Never beat people up with the truth.