

Getting Rid of Anger

Ephesians 4:26-32

Ephesians 4:26-32 (NASB)

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.**

²⁸ **He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have *something* to share with one who has need.**

²⁹ **Let no unwholesome word proceed from your mouth, but only such *a word* as is good for edification according to the need *of the moment*, so that it will give grace to those who hear.**

³⁰ **Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.**

³¹ **Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.**

³² **Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you”.**

The apostle Paul wrote extensively about the character and conduct of believers. He said that as Christians, we are to “**walk in a manner worthy of [our] calling**” ([Ephesians 4:1](#)) and to “**be imitators of God**” ([Ephesians 5:1](#)). In his letter to the church at Ephesus, he explained what it meant to live a godly life.

Ephesians 4:1 (NASB)

¹ “**Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called.”**

Ephesians 5:1 (NASB)

¹ “**Therefore be imitators of God, as beloved children”.**

First of all, we must curtail some of our old habits and behaviors and replace them with new ones that are acceptable to God. The acts of the flesh are no longer to be a part of us—we now have a new nature and must conduct ourselves accordingly. [Galatians 5:19-21](#) lists 15 specific behaviors that have to cease. These include enmities, strife, outbursts of anger, disputes, and dissensions. Notice the role anger plays in each of these. It fuels disagreements and inflames antagonism. **And second**, if we get angry, we need to apologize quickly ([Ephesians 4:26](#)).

Ephesians 4:26 (NASB)

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

The fruit of the Spirit ([Galatians 5:22-23](#)) should replace ungodly thoughts and actions.

Galatians 5:22-23 (NASB)

²² “**But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,**

²³ **gentleness, self-control; against such things there is no law.”**

If we have been quick-tempered, then we need to gain patience. If our anger runs hot, then we are to become peaceful people. Foolishness in speech must give way to the wisdom of Christ.

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Change is possible because sin's power over us has been permanently broken. We have been set free to live in a way pleasing to God.

We all struggle with some form of ungodly behavior, but happily, we need not continue in it. As new creations, we no longer have to be defined by who we were before salvation ([2 Corinthians 5:17](#)). To exhibit the righteousness that is yours, cooperate with the Holy Spirit's transforming work.

2 Corinthians 5:17 (NASB)

¹⁷“Therefore if anyone is in Christ, *he is* a new creature; the old things passed away; behold, new things have come.”