

SERMON ON MT #6. THE CHRISTIAN AND ANGER

Matthew 5:21-26

This week we continue the Sermon on the Mount study.

And the DNA of Christian conduct and character.

Jesus expands the sixth commandment.

Do not murder in which he includes anger.

What are the things that make you angry?

Consider that there are 230 million registered vehicles in the United States

but only an estimated 105 million parking spaces (*The Week*, 05/13/2005, p 20, quoting the *New Republic*).

No one knows that more clearly than we are who are in downtown Aberdeen.

Statistics tell us 1 in 4 of all employees suffer chronic anger on the job.

42% of respondents said yelling and verbal abuse took place where they worked

Josephson Institute of Ethics national survey found that 75% of all boys and over 60% of teenaged girls said they hit someone in the past 12 months because they were angry.

So Jesus begins by making an assumption that people

Knew the Law of God and taught it to their children.

These commandments that I give you today are to be upon your hearts. ⁷ Impress them on your children. Deuteronomy 6:6

Parents have a moral and spiritual obligation to teach their children God's standard of conduct.

Nehemiah 8:8 says: ⁸ They read from the Book of the Law of God, making it clear and giving the meaning so that the people could understand what was being read.

Are we as parents fulfilling our god-given roles, OR are we leaving it to the SS Teachers or Youth pastor?

In a study of Amish children it was observed at the schoolyard that the children never screamed or yelled. The school master was asked. "Why do Amish children never scream or yell? The schoolmaster replied, "Well, have you ever heard an Amish adult yell?"

Satan can quote the Bible but he doesn't respect it.

Nor does he care about the consequences of breaking it.

Jesus removes our excuse of Ignorance

You have heard that it was said to the people long ago. Matthew 5:21a

So far Jesus has been dealing with generalities,

But in Vs 21 he becomes very specific

'Do not murder, and anyone who murders will be subject to judgment.' ²²But I tell you that anyone who is angry with his brother will be subject to judgment Matthew 5:21-22

Jesus connects anger with murder.

They are both the same.

Not one of us here today would probably set out to murder someone.

But how many of you today are angry toward a brother or sister

Charles Spielberger, PhD a specialist in the study of anger said:

Anger is "an emotional state that varies in intensity from mild irritation to intense fury and rage...when you get angry, your heart rate and blood pressure go up, as do the levels of your energy hormones, adrenaline, and noradrenaline."

Fifty-seven percent of children under the age of 12 are murdered by a parent (*American Psychological Assoc., Facts About Family Violence*)

For Parents anger can lead to murder.

Take the father who couldn't unplug the toilet, so dismantle the entire fixture to find a purple rubber dinosaur jammed inside. He put it back together just as his five-year-old son came in. But the toilet didn't work much better than before. The five year old pointed to the purple dinosaur & asked, "**Did you get the green one, too?**"

Makes it a little easier to understand the murder stats doesn't it.

Jesus asserts that

I. ANGER AND KILLING MERIT EQUAL PUNISHMENT

Notice that both shall be in danger of the Judgment.

²¹"You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.' ²²But I tell you that anyone who is angry with his brother will be subject to judgment. Matthew 5:21-22

The word Judgment refers to the Courts of Judgment

There were 23 Judges who sat in the gates of their cities and tried, condemned, and executed murderers.

Jesus was saying anger is a sin,

which merits the attention of that Court of Judgment.

Jesus used the word *eike--* anger without cause, without good effect, without moderation

Jesus said: *rash anger is heart-murder*

And it breaks the sixth commandment.

Is your anger is out of control?

Maybe you are saying "Hey a little anger expressed was the worth the reprimand."

A Doctor examining a patient remarked he had high blood pressure.

The man said: It come from my family.

Doc said : Your mother's side or your fathers?

He said: "Neither, it's from my wife's family."

Doc said "No it's inherited. Your wife's family can't give you high blood pressure."

He said; "Doc, you oughta meet 'em sometime!"

Jesus takes it a step further.

II. ANGER IS A SIN WORTHY OF FINAL JUDGMENT

Again, anyone who says to his brother, 'Raca,' is answerable to the Sanhedrin. But anyone who says, 'You fool!' will be in danger of the fire of hell. Matthew 5:21-22

Did Jesus really say: If you get mad you're going to hell?

No, But he was saying that most sever judgment of hell's fire

Are deserved by the angry man.

Does the severity of the punishment God places on anger

Come from the disastrous results of the first family he created?
Cain anger led to the death of Abel

Jesus was saying: "I take anger so seriously that
I believe it is to be punished in the same balance as murder."
How many tragedies in the world come be avoided,
How many family members could be saved.
If anger were controlled.

The Baltimore Orioles came to play Boston in 1894, But John McGraw of the Orioles' team got into a fight with the Boston third baseman. Within minutes both teams had joined in the brawl. The warfare quickly spread to the grandstands. The conflict escalated when someone set fire to the stands and the entire ballpark burned to the ground. Not only that, but the fire spread to 107 other Boston buildings as well. Daily Bread Aug 13,1992

Jesus move his warning a step further.

**III. ANGER DESTORYS MORE THAN THE BODY,
IT CAN DESTROY AN INDIVIDUAL'S PERSONHOOD.**

Again, anyone who says to his brother, 'Raca,' is answerable to the Sanhedrin. But anyone who says, 'You fool!' will be in danger of the fire of hell. Matthew 5:22

Raca in vs 22 means "You are utterly worthless. I despise you."

"You Fool" here means to spitefully look on someone as vile and not to be loved.

Jesus expresses the three forms of capital punishment that the Jew had in place
As the penalty for anger.

beheading, which was inflicted by the judgment;

stoning, inflicted by the council of Sanhedrim;

and **burning** Jesus called fires of hell. Which were *in the valley of the son of Hinnom*,

Jesus was saying

A person who is a Christian, but

In his personal relationships does not control his temper,

Who lashes out with his tongue.

Flies into rage intent on reducing another person to nothingness.

Is in great danger of hell's fire.

Because anger kills personhood.

It can kill you as well.

John Hunter was an 18th-century British physician to King George III, suffered from angina. Discovering that his attacks were often brought on by anger, Hunter lamented, "My life is at the mercy of any scoundrel who chooses to put me in a passion."
Not long afterwards at a board meeting of St. George's Hospital in London, Hunter got into a heated argument with other board members, walked out, and dropped dead in the next room. *Today in the Word*, June 8, 1992.

Jesus was saying if you want to break up that family.
Ruin a marriage, or you own health for that matter,
Then let anger get out of control

**JESUS EXPECT YOU TO
IV. RECOGNIZE ANGER FOR WHAT IT IS.**

²³"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, ²⁴leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.

WE NEED TO RECOGNIZE

1. Anger is sin.

What causes anger?

A sinful heart

A prideful heart.

Mark 7:21 "For from within out of the heart of men, proceed evil thoughts, adulteries, fornications, murders...."

That is where anger comes from.

Look at the older brother in the story of the prodigal

And he was angry, and would not go in....Luke 15:28

He was jealous of the attention the father gave the younger rebellious son.

His pride was hurt

He refused to participate in the party.

Failure to handle our anger reveals our failure to handle our sin.

Our pride.

How many wives or husbands have wanted to get even with their spouse?

A wife returning from a fishing trip with her husband was telling her troubles to a neighbor. "I did everything all wrong again today," she said. "I talked too loud, I used the wrong bait, I reeled in too soon, and I caught more fish than he did."

That is the spirit that Paul was exposing in Ephesians 4:30-32

"And grieve not the Holy Spirit of God, whereby ye are sealed unto the day of redemption. Let all bitterness, and wrath, and anger, and clamor, and evil speaking, be put away from you, with all malice; and be ye kind one to another, tender-hearted, forgiving one another, even as God for Christ's sake hath forgiven you."

All these actions are characteristic of one sin: ANGER

The reactions Paul calls for are the characteristic of fruit of LOVE.

Oh, It is not easy to love people sometimes.

Like the **4-year-old grandson, Dean, was told not to jump on the beds. After several warnings Grandma punished him, explaining that should he fall, he would hurt himself badly. Several minutes passed and he was back to jumping on the beds. Grandmother came in and said: "Dean, you weren't jumping on the beds again, were you?"**

He stood with his little head dropped low and said,

"I'm trying, but it's so hard to quit."

We need to

1. Recognize anger is a sin

We need to

2. Reject anger's hold on our lives.

“But now ye also put off all these’ anger, wrath, malice blasphemy, filthy communication out of your mouth. Lie not one to another, seeing that you have put off the old man with his deeds. Colossians 3:8-9

Apostle Paul places the control of our anger in our own hands.

You put off all these things.

You put off the old man with his deeds.

How?

By understanding what is wrong and saying no to it.

Understand what is right and say yes to it.

A lady once came to Billy Sunday and tried to rationalize her angry outbursts.

"**There's** nothing wrong with losing my temper,"

she said. "I blow up, and then it's all over."

Billy Sunday replied: "So does a shotgun, and look at the damage it leaves behind!"

Research has found that "letting it rip" with anger escalates anger and aggression and does nothing to help you or the person you're angry with.

It you become angry,

It isn't because you can't help it.

It is because you want to get angry.

If you get angry and stay angry,

It isn't because of the injustice you have suffered,

It is because you are being disobedient.

WHICH BRINGS US TO THE LAST RESPONSE:

3. Seek Reconciliation.

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 4:26-27

How do we deal with anger?

Daily. The problem has to be resolved before sunset.

Recognize it. Reject it, and try to reconcile.

A flight attendant for a major airline, watched one day as a passenger overloaded with bags tried to stuff his belongings in the overhead bin of the plane. Finally, she informed him that he would have to check the oversized luggage. He said angrily "When I fly other airlines, I don't have this problem." The stewardess said: "When you fly other airlines, I don't have this problem either."

What Jesus was saying here is:

If you have come to church angry at your wife or husband,

Leave immediately.

Get right with her outside the church.

Then come in and bring your gift.

If you're upset with your parents, young people,

Leave immediately

And get right with your parent outside the church

And come and bring your gift.

We must deal with it before the sun goes down.

Most young people are upset with their parents because
They don't like how they're raising them.
Then you need to go to God and ask him to intervene
Because your parents are doing the best they can.
They of all people want peace.
When most time all youth want is their own way.

God's word is saying:
If the root of anger had been dealt with
We wouldn't have the amount of divorce, violence, evil
we are seeing in epidemic proportions.

Anger is the most common sin overcoming the Christian.
We must give our angers to the Lord and let his Spirit fill our lives.

Let me close by saying one other thing.
The paradox here is that killing and some anger may not be sin.
"Be ye angry and sin not.... Eph 4:26

If your anger is self-centered, it is sin.
On the other hand, if you don't get angry sometimes for the sake of other people,
That can be a sin as well.

Moses was also angry about the golden calf and the idolatry of his people.
Nehemiah became angry at the exploitation of the common people by their leaders.
Nehemiah 5:1-8**"I was very angry when I heard their cry and these word.**
Jesus became very angry when people were messing up his fathers house.
Jesus was provoked to anger by the stubborn hearts of the Pharisees when they were
more concerned about sabbath laws then healing a lame man.

It says Jesus

Jesus looked round 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

Anger is a divinely implanted emotion.

Closely allied to our instinct for right,

it is designed to be used for constructive spiritual purposes.

The person who cannot feel anger at evil is a person who lacks enthusiasm for good.

If you cannot hate wrong,

It is very questionable whether you really love righteousness. Dr. David Seamands.

Be very careful when you are dealing with Anger.

Let our prayer be like the Psalmist.

Search me, O God, and know my heart;

test me and know my anxious thoughts.

**²⁴ See if there is any offensive way in me,
and lead me in the way everlasting. Psalms 139:23-24**