
Faith & Feelings: Cultivating Godly Emotions

Part 3: "Sinful Anger"

Sunday, May 11, 2025

Key Texts: James 4:1-6; Mark 7:21-23; Ephesians 4:31-32

I. Definitions

A. Emotions: "The emotions are an inherent part of what it means to be a person; they express the values and evaluations of a person and influence motives and conduct." (Brian Borgman)

B. Righteous anger: Righteous anger occurs when God does not get what He wants. Righteous anger is motivated by a sincere love for God. (Lou Priolo)

C. Sinful anger: Sinful anger occurs when I do not get what I want. Sinful anger is motivated by idolatrous and selfish desires. (Lou Priolo)

II. The fruit of sinful anger

A. Proverbs on sinful anger:

Proverbs 14:17 - *A quick-tempered man acts foolishly,*

And a man of wicked intentions is hated.

Proverbs 15:18 - *A wrathful man stirs up strife,*

But he who is slow to anger allays contention.

Proverbs 22:24-25 - *Make no friendship with an angry man,*

And with a furious man do not go,

²⁵ *Lest you learn his ways*

And set a snare for your soul.

B. The appearances of sinful anger:

"Blowing up" (Genesis 4:6-8) and **"Clamming up"** (1 Kings 21:1-6)

III. The root of sinful anger

James 4:1-3 - *Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members? You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask. You ask and do not receive, because you ask amiss, that you may spend it on your pleasures.*

Mark 7:21-23 - *For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness, deceit, lewdness, an evil eye, blasphemy, pride, foolishness. All these evil things come from within and defile a man.*

IV. The need to mortify sinful anger

Colossians 3:5, 8 - *Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. ... But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth.*

Steps to mortify sinful anger:

- Know God ("would this make God angry?")
- Know yourself ("am I angry for selfish reasons?")
- Humble yourself (James 4:1-6)

If you were to share a key insight from today's sermon with a friend, what would you say in a sentence or two?

Application Questions: How do your emotions reveal your priorities? How can a loving God have righteous anger toward someone or something? How can someone know if their feelings of anger are sinful? What are some differences between anger that "blows up" and anger that "clams up"? Is anger a problem from outside of us or inside of us? Explain. What are some practical steps to take if you need to put sinful anger "to death"? How should you LOVE God and others "More and More" emotionally?

Text to Give: Text an amount to (619) 333-1905

Mailing Address: P.O. Box 390698 San Diego, CA 92149

☎ (619) 881-0100 ✉ hello@providencechurchsd.org

providencechurchsd.org 📱 @providencechurchsd



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