

**Series:** I LIFE  
**Title:** Irate  
**Scripture:** Ephesians 4:25-5:2  
Romans 12:14, 17-21  
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## What Is irate?

### First we must understand anger

Anger is an emotion declaring opposition.

Two types of anger:

1. Rightly Focused anger
2. Misdirected anger

Irritable – low simmer anger

Bitter – crockpot anger

Irate – boiling anger

Violent – raging anger

### Truth #1

At various times in our lives, we all be submerged under the tidal wave of irate.

### How do we become irate (typically)?

1. Rightly focused – by caring about God’s glory and man’s freedom more than my comfort.
2. Misdirected – by caring about my comfort more than God’s glory and man’s freedom.

### How do we deal with being irate?

1. By looking outward
2. By looking inward
3. By looking upward

Ephesians 4:25-5:2

*<sup>25</sup> Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. <sup>26</sup> Be angry and do not sin; do not let the sun go down on your anger, <sup>27</sup> and give no opportunity to*

the devil. <sup>28</sup> Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. <sup>29</sup> Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. <sup>30</sup> And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup> Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup> Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.  
5 <sup>1</sup> Therefore be imitators of God, as beloved children. <sup>2</sup> And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

James 1:19-20

<sup>19</sup> Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; <sup>20</sup> for the anger of man does not produce the righteousness of God.

Romans 12:14, 17-21

<sup>14</sup> Bless those who persecute you; bless and do not curse them.  
<sup>17</sup> Repay no one evil for evil, but give thought to do what is honorable in the sight of all. <sup>18</sup> If possible, so far as it depends on you, live peaceably with all. <sup>19</sup> Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord." <sup>20</sup> To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head." <sup>21</sup> Do not be overcome by evil, but overcome evil with good.

## **Truth #2**

Jesus takes on wrath and exchanges it with grace.

### **Application:**

1. Repent from misdirected anger
2. Dwell on God's grace given freely to you