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Central Congregational Church
"For the Glory of God and the Good of our Neighbors"
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The Stain of Anger James 1:19-21

Series: Stained – The Truth About Sin, Salvation and Sanctification

Central Passage

James 1:19–21 (NIV) — **19** My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, **20** because **human anger does not produce the righteousness that God desires.** **21** Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

Central Thought: Un-sanctified, human anger is always destructive.

- ❖ **Sanctification:** The process of growing in holiness by the ongoing, gracious work of the Spirit of Jesus within us.

The Cure to Unrighteous, Destructive Anger

- ❖ Listen closely – to God and each other.

Proverbs 18:13 (NLT) — **13** Spouting off before listening to the facts is both shameful and foolish.

- ❖ Speak thoughtfully – as one who is accountable to God.

James 2:12–13 (NIV) — **12** **Speak and act as those who are going to be judged by the law that gives freedom,** **13** because judgment without mercy will be shown to anyone who has not been merciful. *Mercy triumphs over judgment.*

- ❖ Act appropriately – with the goal of justice and reconciliation.

Romans 12:17–19 (NIV) — **17** **Do not repay anyone evil for evil.** Be careful to do what is right in the eyes of everyone. **18** If it is possible, as far as it depends on you, live at peace with everyone. **19** **Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay,"** says the Lord.

- ❖ Repent of sin – to avoid self-righteousness.

Matthew 7:1–5 (NIV) — **1** "Do not judge, or you too will be judged. **2** For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. **3** "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? **4** How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? **5** You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.

- ❖ Seek God – to know his will.

Romans 12:1–2 (NIV) — **1** Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. **2** Do not conform to the pattern of this world, but be transformed by the renewing of your mind. **Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.**

Homework/Questions

- ❖ Repent of recent angry words and actions.
- ❖ Seek reconciliation/forgiveness if necessary.
- ❖ Begin a regular habit of prayer and meditation of God's word.