



Ephesians – The Gospel Unites
The Pitfalls of Anger and God’s Remedy
Ephesians 4:25-5:2 (page 978/1244)
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1. Anger Provokes Falsehood (4:25)

2. Anger Leads to Sin (4:26)

3. Anger Festers (4:26)

4. Anger Steals Instead of Gives (4:29)

5. Anger Uses Words to Destroy Rather than Build (4:29)

6. Anger Gives Satan Opportunity (4:27, 31)

7. Anger Grieves the Holy Spirit (4:30)

8. God Kills Our Anger (4:32-5:2)

Questions for Reflection and Application

1. How did the Lord speak to you about your anger in Sunday's sermon?
2. How have you seen the sun going down on your anger give opportunity to the devil (Eph 4:27)?
3. In light of Ephesians 4:1-6, why do you think holding on to our anger grieves the Holy Spirit (Eph 4:30)?
4. When you struggle with anger, do you tend toward peace-breaker (hot anger) or peace-faking (cold anger)?
5. According to Matthew 5:9, what is the alternative to peace-breaking and peace-faking? How does this verse connect with Ephesians 5:1?
6. Ephesians 4:26 is a quotation from Psalm 4. How does David deal with his anger?
7. What is the result of David's approach to anger in Psalm 4:8? How does this challenge the way you deal with anger?
8. The last point of the sermon was: God kills our anger. How does the gospel kill our anger (Eph 4:32-5:2)? What are some ways that we can hold onto these truths when we become angry?
9. Take some time to consider how God has forgiven you and how you can nail your anger to the cross.