

## Psalm 4: Anger Without Sin

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Psalm 4 is one of the Psalms of Persecution. They are Psalms that are prayers for relief from tribulations and from persecution. One of the great blessings of the Psalms is that they are prayers, and that we are able to make these our own.

In this Psalm David offers some solutions to troubles of men and persecution. First, he says that we should offer the sacrifices of righteousness (vs. 5). He says that we need to call on the Lord (vs. 3) and to trust in God (vs. 5). Finally, he warns us not to sin in our anger. This statement is one which is given to us again in the New Testament as part of the law of Christ: ***"Be angry, and do not sin": do not let the sun go down on your wrath, nor give place to the devil. Ephesians 4:26-27***

In the New Testament there are two forms of anger. The first is ***Orge***. It is the emotional condition of anger. It is deep seated and long lasting. The second is ***Thumos***. It is the agitated condition of anger. It is volatile and sometimes described as outbursts of wrath.

The New Testament says a great deal on anger:

***Matthew 5:22 "But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever says to his brother, 'You good-for-nothing,' shall be guilty before the supreme court; and whoever says, 'You fool,' shall be guilty enough to go into the fiery hell."***

***The New Testament on Anger***

***2 Corinthians 12:20 For I am afraid that perhaps when I come I may find you to be not what I wish and may be found by you to be not what you wish; that perhaps there will be strife, jealousy, angry tempers, disputes, slanders, gossip, arrogance, disturbances;***

***Galatians 5:19-21 Now the deeds of the flesh are evident, which are: .... enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, ...and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God.***

***Ephesians 4:31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.***

***Colossians 3:8 But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth***

***James 1:19-20 This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God.***

The Danger of Anger is very real. First, ANGER is worldly. That means that it is a doorway to sin (Psalm 37:8). As we see in the oabove passages, ANGER is associated with *strife, jealousy, disputes, gossip, arrogance, disturbances, wrath, malice, slander, abusive speech, immorality, impurity, sensuality, idolatry, enmities, dissensions, factions, envying*. ANGER is the emotion of fools (Ecclesiastes 7:9, Proverb 19:19).

So how do we overcome anger? We need to remember that the Works of the Flesh are overcome by the Fruits of the Spirit (Galatians 5:17-22). We need especially to fill ourselves with self-control, patience, forgiveness, and humility.

Psalm 4 tells us that we must make a choice in our lives when in difficult circumstances. We must either choose God or choose anger. We cannot choose both. We are also told the results of asking God for help. He will put gladness in your heart; you may lie down in peace; you will dwell in safety.