

**Solid Rock Christian Church Manassas, Virginia**

**Bible Study for February 11, 2021**

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**Title: "Never Go to Bed Angry"**

**Scripture Reference: Ephesians 4:26,27**

**"Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil."**

**I. Introduction**

A. I want you to be completely honest with yourself and remember, God knows our hearts. So, I want to ask you a question:

Have you ever gone to bed steaming with anger about what someone said or did not say, or what someone did or did not do?

B. As you think about it, you will realize that the question pretty well summarizes the primary reasons people get offended, insulted, irritated, or upset. It is because of one or more of the factors put forth in the question.

C. You and I know that the way some people respond or fail to respond in a given situation, will sometimes cause you to go to bed fuming if you allow yourself to take offense and get all worked up.

D. However, let's examine the first part of Verse 26 in Ephesians Chapter 4 – **"Be ye angry, and sin not."**

**II. Exposition [Part I] (v 26a)**

A. It appears from the opening words of this verse that the

Apostle Paul, under the inspiration of the Holy Spirit, tells us that it's ok to get angry. There are times when things will cause us to get angry and as Christians, we may refer to this as righteous indignation. However, Paul states emphatically, "Be ye angry, and sin not."

B. An example of righteous indignation is recorded in Matthew

21:12-13 that says – “And Jesus went into the temple of God, and cast out all them that sold and bought in the temple, and overthrew the tables of the moneychangers, and the seats of them that sold doves, And said unto them, **It is written, My house shall be called the house of prayer; but ye have made it a den of thieves.**” This was righteous indignation and Jesus was cleansing the Temple. This was in no way a sinful act because we know that our Savior was without sin.

c. The Greek word for anger is ***Parorgismos***, and it is not

momentary outward boiling over rage or inward seething, or resentment, but rather, a deep-seated, determined and settled conviction.

d. The use of the word **anger** in Ephesians 4:26 and its use in the

New Testament can represent an emotion, good or bad, depending on motive and purpose. Paul’s command is to be angry, but with the qualifier - to **sin not**.

e. Are you willing to admit that you have gone to bed angry on

more than one or two occasions?

f. Have you ever tossed and turned, this way and that way,

unable to sleep because you were aggravated about something that happened or what was said?

g. Did you become more and more angry the longer you thought about the issue?

h. Ephesians 4:26b-27 warns us “... **let not the sun go down upon your wrath. Neither give place to the devil.**”

i. The word wrath also means **anger**, and as I pointed out, the

Greek word is ***parorgismo***. This is a compound of the words ***para*** and ***orgidzo***.

A9. The word ***para*** means ***alongside***, as in something that is ***very***

***close*** to you. The word ***orgidzo*** is the Greek word for wrath, which depicts ***someone whose mood is so upset that he or she becomes completely bent out of shape over some issue.***

AA. When ***orgidzo*** (“wrath”) is operating in an individual, it often

starts as silent resentment. That resentment slowly builds up inside the person, becoming stronger and stronger until one day, it finally explodes in rage.

AB. Because the resentment has simmered silently for so long, the

outburst of explosive wrath is usually out of proportion to the situation that caused the anger in the first place.

### III. Exposition [Part II]

A. When the two words (i.e., **para** and **orgidzo**) are joined

together, forming the word **parorgismo**, it presents the image of a person who brings anger to his or her side and then embraces it.

B. Instead of rejecting anger or pushing it away when it shows up,

this person draws anger to themselves and then nurses it, nourishes it, feeds it, and holds it close.

C. The aggravating issue gets “under their skin” (figuratively

speaking), and soon becomes so entrenched in them that it becomes their constant companion and partner. This person takes the offense with them wherever they go – and that includes taking it to bed with them.

D. When a person goes to bed sizzling over something that has

inwardly angered them, the entire night becomes an opportunity for the devil to work inside their mind and emotions.

E. As soon as the person’s head hits the pillow, the devil begins to

bombard their mind to prevent them from sleeping and to stir up the anger even more.

### IV. Exposition [Part III]

A. The name “**devil**” is the Greek word **diabolos**.

B. This word **diabolos** is derived from two Greek words: **dia**, which means **through**, as when referring **to penetrating something all the way through: ballo** means **to throw**.

C. When these words are put together to form the word **diabolos**,

it paints a vivid picture of the devil as **One who repetitiously throws accusations at the mind – striking again and again until he ultimately penetrates the mind** with his slanderous lies and relationship-destroying insinuations.

D. The devil likes to look for the most advantageous times to strike

your mind with his lies – and one of his favorite times to do this is when you go to bed at night.

E. That is why Paul wrote – “... **let not the sun go down upon your**

**wrath: Neither give place to the devil.”**

F. The word “**place**” is the Greek word topos. This is a word that describes a specific place, like a real geographical place on a map.

G. The word topos is where we get the term for a **topographical map**. This is very important because it tells us that the devil is seeking a specific place, an entry point, an opportunity through which he can enter our minds and emotions to stir up trouble and affect our relationships.

#### **V. Exposition [Part IV]**

A. Therefore, don't go to bed angry and allow your mind to become a playground or a movie screen on which the devil can portray every foul thing he wants you to meditate on all night long.

B. When you go to bed angry, it allows the enemy to steal your peace and infuriate you even further. Why not instead deal with the anger or unforgiveness before your head even hits the pillow?

C. Pray and ask the Lord to help you stay free of anger, wrath, and strife, because these fleshly emotions are the entry points the devil uses to wage war in your mind. [Do you remember where I've taught you is the place where spiritual warfare is either won or lost??]

#### **VI. Exposition [Part V]**

A. If you find that you can't deal with the problem yourself, talk to your spouse or call a trusted friend or relative and ask that person if you can talk and share something that has been weighing heavy on your heart. [I pray that if you do turn to an earthly person, it will be someone with Christ in their life.]

B. Additionally, if you do share your concern with someone, if that person provides you with a different perspective concerning your story, it may even help you to release the offense that angered you.

C. Therefore, whether or not you decide to talk to a friend about

the matter, one thing is certain: If something or someone has upset or offended you, you will only make matters worse if you let yourself go to bed angry.

Remember – **“Let not the sun go down upon your wrath.”**

**Here is a Prayer to Consider**

*Lord, I am sorry for the times I have allowed my anger to rise up and take control of me. I realize that I have the Holy Spirit inside me to restrain me and to produce the fruit of the Spirit in me. I now see that I have opened the door to the devil in the past by allowing wrong attitudes to be pervasive in my life. I want to shut the door to the devil so he can no longer find access to me, to my friends, to my business, to my church, or to any part of my life. To shut the door tight, I am asking You to help me remove uncontrolled anger from my life.*

*I pray this in Jesus' name,*

Amen!

It is once again interactive time. Please complete the biblical passages that follow by filling in the blanks. Each passage has been taken from the King James Version (KJV) of the Holy Bible

“Be not \_\_\_\_\_ in thy spirit to be \_\_\_\_\_; for anger \_\_\_\_\_ in the bosom of \_\_\_\_\_.”

**[Ecclesiastes 7:9]**

“He that is soon \_\_\_\_\_ dealeth \_\_\_\_\_: and a man of wicked devices is \_\_\_\_\_.”

**[Proverbs 14:17]**

“He that is slow to \_\_\_\_\_ is better than the \_\_\_\_\_; and he that \_\_\_\_\_ his spirit than he that \_\_\_\_\_ a city.”

**[Proverbs 16:32]**

“Wherefore, my beloved brethren, let every man be \_\_\_\_\_ to hear, slow to \_\_\_\_\_; slow to \_\_\_\_\_: For the \_\_\_\_\_ of man worketh not the \_\_\_\_\_ of God.”

**[James 1:19,20]**

“I will both lay me down in \_\_\_\_\_, and \_\_\_\_\_: for thou, Lord, only makest me \_\_\_\_\_ in safety.

**[Psalm 4:8]**

**QUESTIONS FOR YOU TO CONSIDER**

1. Have you ever noticed that bad things happen when you get upset or lose your temper?
2. Can you think of a few times in your life when something bad happened as you were allowing anger and strife to get the best of you?
3. What steps should you take to make sure that your anger does not continue opening a door for the devil to send his attacks into your life?

As always, my prayer is that you have been blessed from our study together and that God will continue to give you His peace that passes all understanding. Don't forget to pray and trust the Holy Spirit to help protect those entry points that the enemy desires to enter and disrupt your peace and your joy.

Jude 3

Pastor Austin