



# INDIGNATION

LIVING IN A WORLD THAT MAKES YOU MAD  
EPHESIANS 4:26-32

Dr. Mike Fabarez • Focal Point Radio Ministries • November 18 & 19, 2023 • Msg. 23-35

**Ephesians 4:26** Be angry and do not sin; do not let the sun go down on your anger, **27** and give no opportunity to the devil. **28** 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. **29** 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. **30** And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. **31** Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. **32** Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you. (ESV)

1. Realize \_\_\_\_\_ (v.26a)

2. Let \_\_\_\_\_ (vv.26b, 28-29)

3. Don't \_\_\_\_\_ (vv.27, 30-32)

# Application Questions

These questions are provided for your further study and application of today's sermon. Thoughtfully writing out the answers to these questions will help to drive home the point of today's study. It is also helpful when you are able to discuss your answers with others.

1. Read **Zechariah 7:12** and **Mark 3:5**. Why is it important to note the reality of anger as a part of the composition of the perfect attributes of the Triune God as he interfaces with the fallen world?
2. Read **Psalms 119:53; 136; 139; 158**. Describe a few circumstances in your recent past which have elicited similar emotional reactions.
3. Read **Proverbs 29:22** and **James 1:19-20**. What are some of the destructive expressions of anger in which you are tempted or even prone to engage? What damage could these outbursts cause?
4. Read **Ephesians 4:31**. Obviously there is a kind of anger and wrath that needs to be completely forsaken. How can the descriptive words in this verse help to pinpoint the kind of anger God wants us to forsake?
5. Read **Ephesians 4:32**. Knowing that forgiveness toward the unrepentant person can't always restore harmony and good relations, still, how can Christlike forgiveness toward the unrepentant keep *you* from bitterness?

The following related sermons are also available for downloading or streaming on the Focal Point Website and App (FPR.org).

Msg. 14-01 – **Dealing with Mean & Demeaning People**  
Msg. 07-38 – **The Enduring Clash with Nativity's Antagonist**  
Msg. 12-14 – **Forecast for a Rebellious World**  
Msg. 18-02 – **Lamenting His Rebellious Subjects**  
Msg. 16-33 – **Grieving Over the Sinfulness of Sin**  
Msg. 20-02 – **Telling the Truth**  
Msg. 11-08–11-11 – **Enemies, Grace & Revenge** (a four-part series)

## Daily Bible Reading Schedule

Nov. 19<sup>th</sup>.....Ezk.20-21 & Jms.1  
Nov. 20<sup>th</sup>.....Ezk.22-23 & Jms.2  
Nov. 21<sup>st</sup>.....Ezk.24-26 & Jms.3  
Nov. 22<sup>nd</sup>.....Ezk.27-28 & Jms.4  
Nov. 23<sup>rd</sup>.....Ezk.29-31 & Jms.5  
Nov. 24<sup>th</sup>.....Ezk.32-33 & 1Pt.1  
Nov. 25<sup>th</sup>.....Ezk.34-35 & 1Pt.2  
Nov. 26<sup>th</sup>.....Ezk.36-37 & 1Pt.3

Here are some books which may assist you in a deeper study of the truths presented in today's sermon. While Pastor Mike cannot endorse every concept presented in each book, he does believe these resources will be helpful in profitably thinking through today's topic.

Carson, D. A. **How Long O Lord? Reflections on Suffering & Evil**. Baker Books, 1990.  
Fabarez, Mike. **Lifelines for Tough Times: God's Presence and Help When You Hurt**. Harvest House, 2014.  
Jones, Robert D. **Uprooting Anger: Biblical Help for a Common Problem**. P & R, 2005.  
Lewis, C. S. **The Problem of Pain**. Macmillan Publishing, 1962.  
MacArthur, John. **Anxious for Nothing: God Cares for the Cares of Your Soul**. Victor Books, 2006.  
Mack, Wayne. **Anger & Stress Management God's Way**. P & R, 2017.  
Piper, John. **Love Your Enemies: Jesus' Love Command in the Synoptic Gospels**. Baker Books, 1992.  
Powlison, David. **Good & Angry: Redeeming Anger, Irritation, Complaining, & Bitterness**. New Growth, 2016.  
Sande, Ken. **The Peacemaker: A Biblical Guide to Resolving Personal Conflicts**. Baker Books, 1997.  
Scott, Stuart. **Anger, Anxiety and Fear**. Focus Publishing, 2009.  
Smith, William P. **How to Love Difficult People: Receiving and Sharing God's Mercy**. NG Press, 2008.  
Tada, Joni Eareckson. **Heaven: Your Real Home**. Zondervan, 1997.  
Welch, Edward T. **A Small Book About a Big Problem: Meditations on Anger, Patience, & Peace**. New Growth, 2017.