

DON'T GET A RED CARD

HOW TO BE A WORLD CLASS CHRISTIAN

Pastor Kevin Cummings - Part #2 – June 7, 2026

Matthew 21:12-16; Ephesians 4:25-32

- To be a world-class Christian, I must _____ because uncontrolled anger is a symptom of an uncontrolled life.

I. Is it a sin to be angry? _____

A. Anger isn't necessarily a sin, but it can _____

B. Anger isn't necessarily a sin, but it can _____

C. Anger isn't necessarily a sin, but it is almost always _____

- Questions to help me when I feel angry:
 1. Is my anger making more like Jesus?
 2. Is my anger making me more loving?
 3. Is my anger having a positive impact on those closest to me such as my spouse, kids, friends, coworkers?
 4. Is my anger drawing others to Jesus?

"Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires." James 1:19b-20

II. Can I be angry like Jesus? _____

A. Jesus got angry at what was done _____, not at what was done to Him. (Matthew 21:12-16; Mark 3:1-5; 10:13-14; 11:15-18; Luke 19:45-46; John 2:13-16)

B. When Jesus got angry, He overturned tables, _____

- We are not called to be right; we are called to be loving.

C. When Jesus got angry, it led Him to _____

- Questions to help me when I feel angry:
 1. Does my anger bring division or peace?
 2. Does my anger hurt or heal?
 3. Is my anger righteous or self-righteous?

III. Why do we get so angry at other people's behavior, but not our own? _____

A. That everyone is _____ and says and does stupid things. (Jeremiah 17:9; Isaiah 53:6; Romans 1:30; 3:23)

B. That everyone has _____ (cognitive biases). (Luke 6:42; 18:9-14; Romans 12:3)

- Questions to help me when I feel angry:
 1. Will I take a time out?
 2. Will I ask where my anger is coming from?
 3. Will I choose not to react in anger?
 4. Will I release my anger to God?

IV. Five ways to handle anger Biblically:

A. _____ it honestly. (Ephesians 4:25)

- Anger isn't necessarily a sin, but lying about it is.

B. Deal with it _____. (Ephesians 4:26-28)

- Never go to bed mad. (Job 18:4)

C. _____ it appropriately. (Ephesians 4:29-32a)

- By thinking before you speak. (Pro. 11:29; 29:11, 22)
 1. Is it: True, Helpful, Inspiring, Necessary, and Kind
 2. Never compare, condemn, command, threaten, condescend, contradict, or confuse the issue.

D. Choose to _____. (Ephesians 4:32b)

E. _____ on Christ to bring peace. (John 14:27; Eph. 5:18)

- PEACE PLAN: Pause, Evaluate, Accept, Control, Express

ACTION POINTS:

- 1.) Getting angry is inevitable, getting to _____ is not.
- 2.) Part of your anger may come from expecting people to meet needs that only _____ can meet.
- 3.) Like a red card in soccer, anger brings both _____ consequences.

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Matthew 21:12-16; Ephesians 4:25-32

- To be a world-class Christian, I must handle anger biblically because uncontrolled anger is a symptom of an uncontrolled life.

I. Is it a sin to be angry? Sometimes

- A. Anger isn't necessarily a sin, but it can lead to sin.
- B. Anger isn't necessarily a sin, but it can open the door for Satan.
- C. Anger isn't necessarily a sin, but it is almost always stupid.

- Questions to help me when I feel angry:
 1. Is my anger making more like Jesus?
 2. Is my anger making me more loving?
 3. Is my anger having a positive impact on those closest to me such as my spouse, kids, friends, coworkers?
 4. Is my anger drawing others to Jesus?

“Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.” James 1:19b-20

II. Can I be angry like Jesus? Yes

- A. Jesus got angry at what was done to others, not at what was done to Him. (Matthew 21:12-16; Mark 3:1-5; 10:13-14; 11:15-18; Luke 19:45-46; John 2:13-16)
- B. When Jesus got angry, He overturned tables, not people.
 - We are not called to be right; we are called to be loving.
- C. When Jesus got angry, it led Him to help someone.
- Questions to help me when I feel angry:
 1. Does my anger bring division or peace?
 2. Does my anger hurt or heal?
 3. Is my anger righteous or self-righteous?

III. Why do we get so angry at other people's behavior, but not our own? We forget

- A. That everyone is sinful and says and does stupid things. (Jeremiah 17:9; Isaiah 53:6; Romans 1:30; 3:23)
- B. That everyone has thinking errors (cognitive biases). (Luke 6:42; 18:9-14; Romans 12:3)
- Questions to help me when I feel angry:
 1. Will I take a time out?
 2. Will I ask where my anger is coming from?
 3. Will I choose not to react in anger?
 4. Will I release my anger to God?

IV. Five ways to handle anger Biblically:

- A. Admit it honestly. (Ephesians 4:25)
 - Anger isn't necessarily a sin, but lying about it is.
- B. Deal with it immediately. (Ephesians 4:26-28)
 - Never go to bed mad. (Job 18:4)
- C. Communicate it appropriately. (Ephesians 4:29-32a)
 - By thinking before you speak. (Pro. 11:29; 29:11, 22)
 1. Is it: True, Helpful, Inspiring, Necessary, and Kind
 2. Never compare, condemn, command, threaten, condescend, contradict, or confuse the issue.
- D. Choose to forgive. (Ephesians 4:32b)
- E. Rely on Christ to bring peace. (John 14:27; Eph. 5:18)
 - PEACE PLAN: Pause, Evaluate, Accept, Control, Express

ACTION POINTS:

- 1.) Getting angry is inevitable, getting to heaven is not.
- 2.) Part of your anger may come from expecting people to meet needs that only God can meet.
- 3.) Like a red card in soccer, anger brings both immediate and lasting consequences.