

**comes out of a man, that defiles a man”**  
 (Mark 7:20). Listing a variety of sins, Jesus explains, **“All these evil things come from within and defile a man”**  
 (Mark 7:23).

We will face many things in life that lead us to feel unsettled. The Lord would have us to realize that when we experience these things the challenge for the child of God is not to let them lead us to sin. We will tremble, shake, be agitated, be angry, or perturbed, but it can and must be that we, **“tremble, and do not sin.”**

<sup>1</sup> The Greek word in Ephesians 4:26 is *orgizo* (ὀργίζω) defined, “to provoke, to arouse to anger, to be provoked to anger, be angry, be wrath” (Thayer). Unlike *ragaz*, which refers to unsettled motion of an object or emotion, *orgizo* always refers to passionate emotions.



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## Welcome Visitors

We are so glad that you joined us today.  
 Please come again.

● **Let us know if you have any questions.**

ISSUE

13.42

BULLETIN OF  
 THE OLSEN  
 PARK CHURCH  
 OF CHRIST

# Faithful Sayings

October 16  
 2011



## Services

Sunday: 9:30 AM  
 10:20 AM  
 6:00 PM  
 Wednesday: 7:00 PM

### Elders:

Pat Ledbetter  
 Jeff Nunn  
 Kyle Pope

### Deacons:

Dean Bowers  
 Eddie Cook  
 Bill Davis  
 Steve Dixon  
 Pat Goguen  
 Jack Langley  
 Neil Ledbetter  
 Brady McAlister  
 Walker McAnear  
 Lance Purcell  
 Rusty Scott

### Evangelists:

Kyle Pope  
 Jason Garcia

## Biblical Characters of Faith

 **Olsen Park Church of Christ**  
 invites you to our Fall...

## Gospel Meeting

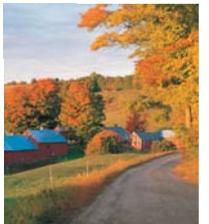
with

**Curtis Pope**

of Houston, Texas

November 13-18, 2011

Sunday: 9:30, 10:20, 6:00  
 Weeknights: 7:30



## “Be Angry and Do Not Sin”

By Kyle Pope

In the fourth Psalm, David charges the reader—**“Be angry, and do not sin. Meditate within your heart on your bed, and be still”** (Psalms 4:4, NKJV). The apostle Paul quotes the first part of this verse in his epistle to the Ephe-



Olsen Park church of Christ

sians, and offers either additional instruction or a paraphrase of the last part of the verse, declaring, **“Be angry, and do not sin: do not let the sun go down on your wrath”** (Ephesians 4:26). This text is often applied in one of two ways.

First, we understand it to refer to our behavior when we are angered by something. That car pulls in front of us on the highway, and in our fear of an accident we are enraged. A repairman cheats us by charging too much, leaving the job undone or lying to us about work that was done. This leads us to feel angry and resentful of the fact that someone has taken advantage of us. Perhaps it is the unkind and hurtful word that has been spoken to us. Our blood boils, the pressure rises, and anger builds within us. We look at the instruction of the psalmist and the apostle as warning not to allow this sudden anger to lead us to sin.

We also, use this text as justification for “righteous indignation.” We consider the fact that Jesus, on occasion, was angered by sinful, hypocritical behavior. Jesus drove out the moneychangers with a whip (John 2:15-16), yet, Jesus was **“without sin”** (Hebrews 4:15). We see from Jesus’ example the psalmist and the apostle pointing out that anger alone is not sin, but must be controlled lest it lead us to commit sin.

These applications of this text are valid, but they do not address all that Psalm 4:4 would teach us. The word in the Hebrew translated “angry” is the word *ragaz* (רָגַז), de-

fined, “to be agitated, quiver, quake, be excited, perturbed” (BDB, p. 919). While the New Testament, in Ephesians 4:26 uses a word that more narrowly addresses anger<sup>1</sup>, *ragaz* is used variously in Scripture in reference to fear (Exodus 15:14), earthquake (1 Samuel 14:15), dislocation (2 Samuel 7:10), tumultuous waters (Psalm 77:16) and rage (Isaiah 37:29). The New American Standard Bible renders this literally, **“Tremble, and do not sin.”**

There are many things in life that lead us to agitation and uneasiness. These might include fear, worry, frustration, persecution, hardship, weakness or anger. What do we do when we feel such uneasiness? It is so easy to allow agitation, anxiety or distress to lead us to sin! We allow ourselves to see sin as justified. We might say to ourselves, “they wronged me, I’ll wrong them.” Or, we lose our self-control. The trembling agitation of the moment robs us of the good sense we would normally have to avoid sin. Although it is easy at such times to sin, the Psalmist tells us, “Don’t do it!” Instead, do two other things: 1) **“Meditate within your heart”** (i.e. think about it); and 2) **“Be still.”** This is not apathy or a refusal to address a problem. It is simply a matter of calming the raging motion of the moment in order to allow a cool evaluation of the situation. How often is the



good motive of the heart short-circuited by the hasty movement of the tongue or body, as the mind has become disengaged in the process?

James tells us the same thing in charging us to be **“swift to hear, slow to speak, slow to wrath”** (James 1:19). Only a few verses before this he taught that all sin has an internal germination (James 1:15). Jesus addresses this in its broadest terms. He explains to those interested only in external cleanliness, **“What**