

# Anger

Statistics show that more than 60% of people lose their temper at least once per week. My experience would confirm this finding (in fact, I would say that it is very low). God's Word explains the real problem with anger and explains to us how to deal with anger in a proper manner.

It must be stated that some anger is appropriate. We should be angry with ourselves for our own sinfulness. We should be angry over pain, disease, injustice, and all the effects of the fall on the human race and all creation. Jesus was angry when He overturned the tables of the moneychangers in the temple. Not all anger is sinful.

We will look at:

1. The Effects of Anger
2. What Kind of Person Anger Affects
3. Principles for Controlling Anger
4. Practical Steps to Help Control Your Anger

## Effects of Anger

- **James 1:19-20**

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

James tells us not to get angry quickly because the anger of man cannot produce the righteousness that God requires.

- **Psalms 86:15**

**15 But You, O Lord, are a God merciful and gracious, Slow to anger and abundant in lovingkindness and truth.**

- **Psalms 103:8**

**8 The LORD is compassionate and gracious, Slow to anger and abounding in lovingkindness.**

- **Psalms 145:8**

**8 The LORD is gracious and merciful; Slow to anger and great in lovingkindness.**

- **Exodus 34:6**

**6 Then the LORD passed by in front of him and proclaimed, "The LORD, the LORD God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth;**

- **Numbers 14:18**

**18 'The LORD is slow to anger and abundant in lovingkindness, forgiving iniquity**

and transgression; but He will by no means clear *the guilty*, visiting the iniquity of the fathers on the children to the third and the fourth *generations*.'

- **Romans 2:4**

**4 Or do you think lightly of the riches of His kindness and tolerance and patience, not knowing that the kindness of God leads you to repentance?**

These passages all teach us that God is slow to anger. If He were not slow to anger, none of us would be alive. No person would have ever been able to live long enough to obtain salvation in Jesus Christ. It is the kindness of God, His being slow to anger, that leads us, literally allows us, to repent!

- **Job 5:2**

**2 "For anger slays the foolish man,  
And jealousy kills the simple.**

- **Proverbs 19:19**

**19 A man of great anger will bear the penalty,  
For if you rescue *him*, you will only have to do it again.**

- **Matthew 5:22**

**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.**

Anger kills the foolish man. Your anger will consume you and ultimately kill you. It will also cause you to hurt others along the way, including those that you never wish to hurt. Your anger will cause you and others to suffer. Being out of control with your anger with someone is like the sin of murder. God takes out of control anger very seriously.

- **Proverbs 16:32**

**32 He who is slow to anger is better than the mighty,  
And he who rules his spirit, than he who captures a city.**

It is better to be slow to anger than to be famous and respected.

- **Proverbs 27:4**

**4 Wrath is fierce and anger is a flood,  
But who can stand before jealousy?**

Anger is like a flood in it's power to destroy and harm.

- **Proverbs 29:22**

**22 An angry man stirs up strife,  
And a hot-tempered man abounds in transgression.**

Anger brings with it all kinds of sin.

- **Proverbs 30:33**  
**33 For the churning of milk produces butter,  
 And pressing the nose brings forth blood;  
 So the churning of anger produces strife.**

Anger unchecked will produce conflicts and trouble in your life.

### What Kind of Person Are You?

- **Job 36:13**  
**13 "But the godless in heart lay up anger;  
 They do not cry for help when He binds them.**

The godless store anger in their hearts. True Christians are marked by forgiveness. We have been forgiven so much by God that we cannot hold anger or bitterness against others.

- **Proverbs 12:16**  
**16 A fool's anger is known at once,  
 But a prudent man conceals dishonor.**

A person who cannot control his anger is a foolish man.

- **Proverbs 14:29**  
**29 He who is slow to anger has great understanding,  
 But he who is quick-tempered exalts folly.**

A person who is slow to anger shows that they have great understanding and wisdom.

- **Proverbs 29:8**  
**8 Scorners set a city aflame,  
 But wise men turn away anger.**

Wise people turn away from anger instead of letting it simmer and fester.

- **Ecclesiastes 7:9**  
**9 Do not be eager in your heart to be angry,  
 For anger resides in the bosom of fools.**

Anger is found in the heart of fools.

- **Galatians 5:19-21**  
**19 Now the deeds of the flesh are evident, which are: immorality, impurity,  
 sensuality, 20 idolatry, sorcery, enmities, strife, jealousy, outbursts of anger,  
 disputes, dissensions, factions, 21 envying, drunkenness, carousing, 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.**

One of the fruits of the flesh is outbursts of anger. A person who cannot control their temper will appear to be lost.

### How to Control Your Anger

- **Proverbs 19:11**

**11 A man's discretion makes him slow to anger,  
And it is his glory to overlook a transgression.**

Discretion will cause a person to be slow to anger. If you are angry, you can pray that God would give you discretion.

- **Proverbs 15:1**

**1 A gentle answer turns away wrath,  
But a harsh word stirs up anger.**

Calm words reduce anger and conflict. When you begin to get angry, use soft and kind words and your anger will go away.

- **Proverbs 21:14**

**14 A gift in secret subdues anger,  
And a bribe in the bosom, strong wrath.**

- **Ephesians 4:31**

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

- **Colossians 3:8**

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

Christians are to put away their outbursts of anger. You must control your anger as a Christian person.

- **Ephesians 4:26-27**

**26 BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger,  
27 and do not give the devil an opportunity.**

The key to management of anger is two-fold. The first lesson, given here is not to sin in your anger. In other words, stay in control even when you are angry and act in a loving, kind manner. Secondly, do not allow anger to stay within your heart. Do not be angry for long periods of time. Make sure, by the time that you go to bed that you release the anger.

### **Practical Steps to Take**

- Wrong anger is a symptom of pride. Humility is the great cure for anger.
- Self-control in other areas of spiritual life will help you control your temper. Try fasting (Isaiah 58).
- When you find yourself angry at someone and you are having a hard time forgiving them, try praying for them consistently, doing good to them without their knowledge, and giving to them anonymously. I have found that this simple three-fold attack on anger and bitterness will always work when you harbor anger against someone who is still alive.
- When the person you are angry with is not still alive, I suggest that you write the sin that they did against you on a helium filled balloon. Ask the Holy Spirit to help you forgive them. Then, take the balloon outside and let it go. As you watch it fly away, release the anger and bitterness in your heart, but the help of the Holy Spirit, who sheds the love of Christ all around our hearts.
- Every time you loose your temper, tell your pastor or some other Christian you respect. If you are loosing your temper with your spouse, give your spouse the phone number of your accountability person and ask your spouse to call that person and tell them what you did.

It is my sincere prayer that you will not become useless and unprofitable to the kingdom of God because of bitterness. Let it go and move on my friend. If you are an angry person, you are foolish. For the glory of God, cry out to God for wisdom and humility.