



# **ANGER**

## 1. **Is anger always wrong or sinful?**

- No, because Paul commands us to "be angry and sin not" (Eph. 4:26). This passage clearly makes a distinction between being angry and sinning. Actually, Paul is commanding us to be angry, thus revealing the fact that anger can be used in the life of a Christian without the necessity of falling into sin.
- The Bible also teaches that "God is angry with the wicked everyday" (Psalms 7:11). Jesus also spoke to the religious legalists "...with anger, being grieved by the hardness of their hearts..." (Mark 3:5). In I Samuel 11:6, we also see that the fruit of the Holy Spirit coming upon Saul caused "his anger to be greatly aroused", which then motivated him to do God's work.
- Therefore, anger is an emotion that can be used in a constructive way if it is expressed in harmony with biblical limitations and principles. The problem is that many times anger is not expressed in a biblical way and results in great conflict between

## 2. **How is anger expressed destructively?**

- Anger is very destructive if you allow yourself to blow up and vent your anger upon another person. - Jms 1:20, Ps 37:8
- A second way anger is used destructively is to internalize or bury your anger inside. - Eph 4:27

## 3. **Steps to restrain and control your anger?**

- 1. First, you must make a choice to control anger.- Rom 6:12
- 2. Choose to surrender to the Holy Spirit. – Phil 4:13
- 3. Choose to deal with the small issues before they build into resentment. – Mt 5:25, Eph 4:26
- 4. Choose to control and restrain your words. – Jms 1:19
- 5. Choose to control and restrain your thoughts. – Phil 4:8-9
- 6. Choose to control and restrain your actions. – Pr 20:3

#### 4. What should anger motivate you to do?

- Moses was led to pray for the people because of his anger - Num. 16:15
- Saul was motivated to resist the evil of another nation because of his anger - I Sam. 11:6
- Nehemiah was led to rebuke the rulers of the people for their sin - Neh. 5:6-7. He did this in a controlled way.
- David was drawn to prayer and meditation. He trusted God and did what was righteous - Ps. 4:3-5

#### 5. Summary

**Anger is not wrong but must be controlled**