

# DEALING WITH ANGER

Did you know anger is a gift from God? He gave it to us for good purposes. But, it is when we miss use it that it brings grief to us and hurt to others.

What is anger? It is our response of opposition to what we perceive unjust, wrong or undeserved.

Not all anger is bad and God wants us to learn how to use His good gift in ways that are right and helpful. Scripture instructs us to be angry without sinning and to not let anger go on too long. *“Be ye angry and sin not; let not the sun go down upon your wrath.”* (Ephesians 4:26)

We know too that God at times acts in anger. Never in a sinful way! Anger is sometimes His way of responding to and opposing what is important to Him and is in some way wrong. There are times when it is very appropriate to be angry and to do so is not sinful. Here are some times in which God acted in anger (and rightfully so): proof that anger can be enacted without sinning. (Numbers 11; Numbers 25; II Kings 17:13-18; Psalm 7:11; Mark 3:5).

The challenge then is what do we do when we are angry? How do we go about dealing with our anger? Do we respond the correct way? How can we go about verbalizing anger correctly?

Sadly, sinful anger can be and often is our enemy. When our anger erupts in temper, violence or harm toward others, this not only hurts them but us as well. Anger that descends into bitterness is anger that we haven't dealt with properly. We have delayed in dealing rightly with a person, problem or situation hoping it would get better or procrastinating to deal with it later. Bitterness then festers in the soul and desires to get even or to hurt someone physically, emotionally or relationally. But bitterness is like drinking poison and hoping it will destroy someone else. It won't! It instead destroys the angry one.

You are likely aware that anger is closely related to our tempers and our tongues. Our tongues can become like flaming blow torches causing great destruction. Our tongue is a small body part that cannot be tamed by the biggest of persons. We need Divine assistance in order to rightly react and to rightly respond to others. Anger is often the symptom of other things going on within us, like fever being evidence of an infection. Where there is anger, there is likely unforgiveness, offenses and sins that have not been properly addressed with God and others. Hidden hypocrisy, buried bitterness, emotional wounds and buried offenses that have not been properly resolved are internal time bombs ready to detonate at the smallest of provocations.

One can have anger which has become a learned behavior from someone who was influential in their life, possibly going back to early childhood. When we recognize and deal with these issues then the symptoms of anger will subside. When one only deals with the symptoms and not the real issues, anger will never be resolved. At best it will lie below the surface of the soul, awaiting an eruption.

## **Remedies for Sinful Anger:**

### **1) Get away from the situation**

Get away from the situation far enough to cool down and to examine the situation better and to prepare for a more reasoned and restrained response.

### **2) Check your relationship with God.**

God often makes us aware of our sins that we might realize our need for a Savior and seek His forgiveness, mercy and salvation. (Note these truths from Scripture that you need salvation and we must come to God His way. Look up these Scriptures or go to this [link](#).

- All have sinned (Romans 3:23)
- God sent a Savior and a sacrifice to pay for your sin (Romans 5:8)
- Jesus Christ is the only way to God (John 14:6)
- Believe on Jesus who died, was buried and rose again (Romans 10:9,10,13)
- His salvation is a free gift to you (Ephesians 2:8,9)

### **3) Pray - Ask God for forgiveness, peace and power.**

- Ask God for forgiveness when you fail with anger (I John 1:9).
- Ask God to take control of the situation and to give you wisdom, right words and a peaceful spirit (He is the God of peace).
- Ask God for the enablement and power of His Holy Spirit to respond correctly to irritations, provocations, stress, pressures and people.

### **4) Get understanding and instruction from the Scriptures.**

- God's anger (Psalm 85:3,4; 103:8,9)
- When you fear God is angry with you (Psalm 27:9)
- When someone is directing anger at you (Psalm 7:6)
- Stop your anger and wrath, these will lead you to evil (Psalm 37:8,9)
- Read the book of Proverbs over and over and mark all Scriptures that relate to anger (Here are some keywords to look for: *anger, angry, wrath, violence...*)
- Memorize Scriptures that give instruction or cautions concerning anger and related issues. The Scriptures provide us God's power, authority and truth.

*Thy word have I hid in mine heart, that I might not sin against thee.* (Psalm 119:11)

*I will meditate in thy precepts, and have respect unto thy ways.* (Psalm 119:15)

**Here are some to memorize** (put one each week on your mirror or refrigerator for you to see often):

- Proverbs 16:32
- Proverbs 19:11
- Proverbs 29:22
- Ephesians 4:26,31,32
- Colossians 3:8,21
- James 1:19,20

## **5) Forgive**

One of the greatest remedies for anger is forgiveness. You and I need this and so do others. We want this from others, we must be givers too. When we do, mysteriously and powerfully, anger dissipates in our lives.

“Forgiveness means I no longer hold a person’s transgression against them. I literally cancel the moral debt they owe me because of their offensive behavior. That means I will never again try to extract any kind of retribution from them, whether by word, deed, or attitude, for what they did to me.

Forgiving someone doesn’t mean I excuse or minimize their offense. In fact, I can only forgive someone when I believe their offense is real; otherwise, there’s nothing to forgive. Also, it doesn’t mean I forget what they did. If a babysitter molests my child, I must forgive them. But that doesn’t mean I won’t report them to the police, or that I will ever let them come near my child again.

Forgiveness is a decision, not a feeling. If you owe me money, and I cancel your debt, it doesn’t matter how I feel about you; you no longer owe me anything. Forgiveness takes place when I make the commitment before God to no longer hold a person’s offense against them. That doesn’t mean all negative feelings toward the offender immediately go away! But when those emotions arise, I simply reaffirm my forgiveness before the Lord. Eventually, my feelings will catch up to the fact that in my heart I have forgiven that person.” (pairedlife.com)