

# Anger: Right or Wrong?

Pages can be printed and cut to make cards to post as reminders to **STOP** and ask yourself key questions when you are angry.



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## ANGER can be a legitimate emotion and response.

### God was described as an angry God

Deuteronomy 6:14-15: *Do not follow other gods, the gods of the peoples around you; for the Lord your God, who is among you, is a jealous God and his anger will burn against you, and he will destroy you from the face of the land.*

### Jesus displayed anger toward hypocritical religious leaders

Mark 3:5: *Jesus looked around at them in anger and deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.*



**Ask yourself:** Is the anger I'm experiencing a legitimate response? Would God be angry at the same thing that is angering me?

## ANGER has to be very carefully controlled because it can easily lead to sin.

James 1:19-20: *Everyone should be quick to listen, slow to speak and slow to become angry.*

Ephesians 4:26: *Do not let the sun go down while you are still angry.*

**Hasty anger** will almost always be out of control and inappropriate.

**Harbored anger** will quickly develop into bitterness and malice and all kinds of ugly things.



**Ask yourself:** Have I been quick to become angry? Did I go to bed angry and find that it was worse the next day?

## What is the difference in God's ANGER and man's ANGER?

James 1:20: *For man's anger does not bring about the righteous life that God desires.*

**Man's anger** is strictly for personal reasons, because our feelings are hurt or because we have been inconvenienced or wronged. It is all about us.

**God's anger** is directed toward evil, injustice, hypocrisy, etc.



**Ask yourself:** Is the anger I feel directed at evil or wrong, or is it directed at people? Will the anger I feel now bring about "the righteous life that God desires," or will it simply allow me to ventilate my feelings?

## How can I control inappropriate ANGER?

Psalm 103:8: *The Lord is compassionate and gracious, slow to anger, abounding in love.*  
While God is sometimes angry, he is more importantly compassionate, gracious and loving.

Galatians 5:19-20 lists *outbursts of anger* as one of the deeds of the flesh.



**Ask yourself:** Am I prone to outbursts of anger, a hot temper, fits of rage? If so, memorize these scriptures, and quote them when you are angry:

Psalm 4:4: *In your anger do not sin.*

Proverbs 29:11: *A fool gives full vent to his anger, but a wise man keeps himself under control.*

James 1:19: *Everyone should be quick to listen, slow to speak and slow to become angry.*

## How do I express appropriate ANGER appropriately?

Proverbs 19:11: *A man's discretion makes him slow to anger, and it is his glory to overlook a transgression.*

Ephesians 4:15: *Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is Christ.*

1 Corinthians 13:5: *Love is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.*



**Ask yourself:** Is this something that I should overlook? Would it glorify God if I overlooked this thing that is causing me to be angry? What words should I use to express my anger in a loving way?