

# Thinking Biblically About Anger

## Selected Scripture

The word, *Angry* or *Anger*, describes the climate of our country right now.

*Anger and Unrest Sweep Across U.S.*

- Wall Street Journal, 6/1/20

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*Americans are living in a big 'anger incubator.'*

- Washington Post, 6/29/20

“According to psychiatrist Joshua Morganstein, the country is now dealing with ‘three disasters superimposed on top of one another’: the pandemic, the economic fallout and civil unrest. ‘Certainly, one way of responding, and a common way of responding, is anger.’

“Anger is a universal problem. . . . No one is isolated from its presence or immune from its poison. It permeates each person and spoils our most intimate relationships. Anger is a given part of our fallen human fabric. Sadly, it is true even in our Christian homes and churches.

“Anger is often directed toward those we should love most: our spouse, children, parents, or siblings in our human families, and those who are our brothers and sisters in Christ in our church families.”

- Jerry Bridges

I. Why do we struggle with anger at times?

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2. Selfishness

3. Desire to control

James White says that most of our anger arises because of three myths (false assumptions, illusions, lies) we believe about life.

1. We get angry because we believe the myth that the world and everyone in it should be dedicated to doing what is in my best interest.

The myth: We think life is all about me.

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The truth: Things don't always go our way.  
Life rarely works the way we want it to.  
Most people don't make us the center of  
their world.

*I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.” (John 16:33)*

Reject the myth that life is all about you.

2. We get angry because we believe the myth that our anger is caused by external circumstances.

The myth: We think that other people or circumstances make us angry.

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The truth: No one makes us angry; our anger comes from within.

The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks. (Luke 6:45)

Reject the myth that your anger is caused by external circumstances.

3. We get angry because we believe the myth that anger is a force beyond our control.

The myth: We think we can't help it when we lose our temper.

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The truth: We can control our angry reactions.

*Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.*

*(James 1:19-20)*

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## II. How Do We Control Our Anger?

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A. Accept the fact that most of our anger is sinful anger.

All anger is not sinful.

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*Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. (Eph.4:26-27)*

We are **never** justified to express righteous anger in an unrighteous way.

“Peaceful protests over George Floyd’s killing have been overshadowed by images of rage-fueled violence and destruction. Resorting to rioting is strange because there is little disagreement that Floyd’s death in custody was senseless and criminal.

Few defend the police who were responsible; they were quickly fired, one has been charged with murder, and the Justice Department has opened an investigation into the tragedy. Everyone is on the same side of this issue.

“Yet rioting sparked and spread. There is no rational purpose behind people burning buildings, torching cars, breaking windows, spray-painting obscenities and the other actions that have left city blocks looking like war zones.

Some say these are expressions of anger and frustration, and maybe so, but they are also unjustified, foolish and counterproductive.”

- James Robbins

To overcome anger issues:

1. Trust that God is in control of this world and your life. Trust that God is Sovereign.

*As for you, you meant evil against me,  
but God meant it for good, to bring it  
about that many people should be kept  
alive, as they are today. (Gen.50:20)*

*And we know that in all things God works for the good of those who love him, who have been called according to his purpose. (Rom.8:28).*

2. Ask God to help you grow in your love for other people.

*Above all, love each other deeply, because  
love covers over a multitude of sins  
(1 Pet.4:8).*

*Love is patient, love is kind. . . . It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. (1 Cor.13:4-5)*

3. Learn to be more sensitive to the indwelling Holy Spirit's presence and obedient to His leading.

*So I say, live by the Spirit, and you will not gratify the desires of the sinful nature (Gal.5:16).*

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*But the fruit of the Spirit is love ...  
patience, kindness ... gentleness and self-  
control (Gal.5:22-23).*