

# **GOD & YOUR ANGER**



Written by Pastor Dave Brown

[www.growinggodlygenerations.wordpress.com](http://www.growinggodlygenerations.wordpress.com)

Anger in itself is not a sin. God is angry at times (Psalm 7:11, John 2:12-25). Paul says that anger is not a sin but the human expression of anger can be sinful (Ephesians 4:29). The book of James offers significant insight in that human anger does not bring God's righteousness. Only God has the right or authority to express his anger because only God is righteous and without sin. Since man is never fully righteous his anger needs to be tempered by God's grace. This is why Jesus tells us to take the plank out of our own eye before we move the speck in another's. Everyone would be the object of God's wrath were it not for God's grace displayed in Christ.

Those who *get angry* must realize that God calls us to *repent, forgive and trust*:

- Repent from your anger
  - Ask God for forgiveness (1 John 1:9)
  - Ask offended for forgiveness (Matthew 5:23-26)
- Forgive those who incited your anger
  - Show that God forgives you by forgiving others (Matthew 18:21-35)
- Trust God with your angry emotions
  - Allow for God's justice not your own
  - (Psalm 37; Romans 12:17-21; James 1:19-20)

## POSSIBLE REASONS FOR ANGER

*Can you identify why you get angry? Answer some of the below questions and discuss them with a trusted friend. Is there another reason for your anger that you can identify?*

### Frustration or Fear:

Who has the power to make me frustrated or afraid?

What makes me get frustrated or afraid?

When do I feel frustrated or afraid?

Where do I get frustrated or afraid?

Why do I feel frustrated or afraid?

How do I express my frustration or fear?

### Hurt/ Threat of Hurt/ Injustice

Who or What has hurt me in the past that may cause me to be angry with them?

What injustice do I see that may stir my anger?

### Learned/ Modeled

Who shows anger around me?

Where do I see others get angry?

What do I do when I see anger?

How do I feel when I see anger?

## PRACTICAL HELPS TO DEFLATE ANGER

- Counting to ten (*or hundred and ten*) is consistent with taking a break to be silent before God and before you respond.
- Remember to *put off* & *put on*
  - Put off anger, rage, etc.
  - Put on prayer, kindness, etc.
    - Pray using a specific memory verse(s) in the instance of anger (see back page)
- Show the angry person their effects or potential effects of anger. This is consistent with how Proverbs tells us to “warn” others of their behavior (Prov.15:1, 17:14)
- If inward anger is an issue, make time for daily discussion & evaluation of daily events (ex. Journaling daily or weekly, planned discussion with parent, mentor or accountability partner). These are helpful releases of emotion rather than lashing out with angry behavior.

## GOD’S WORD FOR YOU

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

**Psalm 4:4-5** “In your anger do not sin; when you are on your beds, search your hearts and be silent. Offer right sacrifices and trust in the Lord.”

**Psalm 37:7-8** “Be still before the Lord and wait patiently for him; do not fret when men succeed in their ways, when they carry out their schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil.”

**Galatians 5:22** “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

**Ephesians 4:26-27** “In your anger do not sin’: Do not let the sun go down while you are still angry, and do not give the devil a foothold.”

**James 1:19-20** “This you know, my brothers. But everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God.”

**James 4:1** “What causes fights and quarrels among you? Don’t they come from your desires that battle within you?”

## OTHER RESOURCES

- *Handbook on Counseling Youth: A Comprehensive Guide for Equipping Youth Workers, Pastors, Teachers, Parents* by Josh McDowell & Bob Hostetler
- *The Heart of Anger* by Lou Priolo
- *Uprooting Anger: Biblical Help For A Common Problem* by Robert Jones