



Word of God Ministry Church Under The Son

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Anger

Anger is a reaction to an unpleasant situation or event. From the Bible, we see that not all anger is sin (Exodus 32:19; Mark 3:5; Mark 11:15-17; Ephesians 4:26, 27). When you lose your temper, act violently, or store up anger so that it develops into bitterness, resentment, or hostility, you have let your anger cause you to sin. In the short term, unresolved anger affects your spiritual growth and your personal relationship with others. Over the long term, it can actually cripple you emotionally and spiritually, or lead to physical illness.

- Controlling Your Anger Pleases God

James 1:19, 20 ¹⁹So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; ²⁰for the wrath of man does not produce the righteousness of God.

Uncontrolled anger does not lead to righteousness. When you allow your anger to control you, you are not submitting to the Holy Spirit. God desires that you demonstrate the fruit of the Holy Spirit, which includes longsuffering (patience) and self-control (Galatians 5:22, 23). Anger is an outward sign that you still need inward transformation to be more like Christ. When you develop the fruit of the Spirit and control your anger, God is pleased.

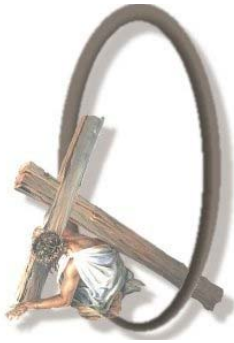
- Uncontrolled Anger Is Sin

Proverbs 29:22 ²²An angry man stirs up strife, And a furious man abounds in transgression.

Uncontrolled anger is sin. It results in bitterness, resentment, and hostility. Just as with any other sin, uncontrolled anger affects your spiritual growth and your relationship with God. Uncontrolled anger can also lead to physical or emotional damage to other people and to you. If you struggle with uncontrolled anger, God offers forgiveness and help. *“But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth” (Colossians 3:8)*. Confess your sin to God and pray for His transformation in your heart and mind.

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Uncontrolled anger is a response that comes from your former nature and it must be unlearned. *“Put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and . . . put on the new man which was created according to God, in true righteousness and holiness” (Ephesians 4:22-24).*

If you struggle with anger:

- Renounce your old self, which is being corrupted by its deceitful desires.
- Renew your mind as you put on God’s righteousness. This affirms your status as “a new creation” (2 Corinthians 5:17).
- Hope And Power To Overcome

Romans 15:13 ¹³Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

God wants to replace your anger with His joy and peace. *“Walk in the Spirit, and you shall not fulfill the lust of the flesh” (Galatians 5:16).* Walking in the Spirit includes confession and repentance. Study the Bible on your own and with others. As you study, meditate on verses that help you understand God’s instructions for dealing with anger or other sinful habits. Friendships with other mature Christians will also provide encouragement, prayer support, and accountability. It is impossible to control anger only through your own human efforts. When you desire to please God and seek to grow spiritually, He will renew your mind to produce the fruit of the Spirit and control your anger.

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