

What the New Testament Teaches About Anger
(Passages from the NIV)

Matt 5:21-22 21 "You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.' 22 But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, 'Raca,' is answerable to the Sanhedrin. But anyone who says, 'You fool!' will be in danger of the fire of hell.

2 Corinthians 12:20 20 For I am afraid that when I come I may not find you as I want you to be, and you may not find me as you want me to be. I fear that there may be quarreling, jealousy, outbursts of anger, factions, slander, gossip, arrogance and disorder.

Gal 5:19-21 19 The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

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

Ephesians 4:31 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Colossians 3:8 8 But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

1 Timothy 2:8 8 I want men everywhere to lift up holy hands in prayer, without anger or disputing.

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

Generally we become angry and manifest abusive words and/or physical violence for one of four reasons: 1) someone hurt our feelings,

2) someone violated our rights,

3) someone interrupted our schedule,

4) someone irritated an old wound (an unresolved issue from the past.)

****Godly anger is controlled, directed at sinful behaviors, and always has as its purpose the restoration of the person to fellowship with God and others. The anger of man (ungodly anger) is unrestrained, directed at other people, and is always for the purpose of hurting another.***

Understanding Anger

What is Anger?

Anger is a natural emotion felt by everyone from time to time. Like other emotions we experience, such as happiness and sadness, anger can affect our mood. Since our mood influences our actions, it is easy to see how feelings of anger can affect how we behave. **Anger can be defined as a strong feeling of displeasure.** However, this dictionary definition cannot describe all the effects of anger.

Sometimes our anger can be used as positive energy: to help us exercise harder, work faster and accomplish more. Other times, anger can be harmful to ourselves and those around us when it manifests itself with abusive words and/or physical violence.

Therefore, knowing some of the warning signs of anger can help reduce, if not prevent, angry feelings that can spin out of control. The following checklist can serve as a guide in recognizing some of the warning signs of anger.

- anxiety • over commitment • trouble sleeping • displeasure • depression • irritation • sorrow • frustration • fatigue
- hopelessness • insecurity

How to Control Anger

Sometimes feelings of anger build up without us even knowing it. Therefore, it helps to know how to control anger. It may be helpful to have some procedures in place.

1. Take a time out.
2. Splash water on your face.
3. Get away from the place of tension. If you cannot leave because you are watching children, etc., walk into another room.
4. Walk around the block.
5. Take a deep breath.
6. Count to 10.
7. Exercise.
8. Write down your feelings in a diary or journal.
9. Talk with a friend, relative, counselor or church member.
10. Do something constructive, such as gardening, reading or other hobbies.
11. **VIP** Pray, read your Bible, mediate on a passage of God's Word (Ps 119:9-11)

Rom 12:2 NLT

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is.

