

Renewal Ministries of Colorado Springs

Hope and Healing Through Christ Centered
Ministry

Short Study on Anger



The emotion of instant displeasure on account of something evil that presents itself to our view. In itself it is an original susceptibility of our nature, just as love is, and is not necessarily sinful. It may, however, become sinful when causeless, or excessive, or protracted. -- *Easton's Bible Dictionary*

A violent emotion of a painful nature, sometimes arising spontaneously upon just occasion, but usually characterized in the Bible as a great sin. Even when just, our anger should be mitigated by a due consideration of the circumstances of the offence and the state of mind of the offender; of the folly and ill-results of this passion; of the claims of the gospel, and of our own need of forgiveness from others, but especially from God. --*ATS Bible Dictionary*

Anger damages relationships and can be destructive:

Proverbs 30:33 (NLT) As the beating of cream yields butter, and a blow to the nose causes bleeding, so anger causes quarrels.

Proverbs 27:4a (AMP) Wrath is cruel and anger is an overwhelming flood . . .

Anger that is unjust or excessive can bring severe judgment:

Matthew 5:22 (NLT) But I say, if you are angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the high council. And if you curse someone, you are in danger of the fires of hell.

Anger can be calmed with gentleness and wisdom:

Proverbs 15:1 (Message) A gentle response defuses anger, but a sharp tongue kindles a temper- fire.

Proverbs 15:1 (NASB) A gentle answer turns away wrath, But a harsh word stirs up anger.

Proverbs 29:8 (NLT) Mockers can get a whole town agitated, but those who are wise will calm anger.

Proverbs 29:8 (CEV) Sneering at others is a spark that sets a city on fire; using good sense can put out the flames of anger.

Anger wrongly expressed is a choice and must be set aside:

Eph. 4:26 (AMP) When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down.

Proverbs 29:11 (NASB) A fool always loses his temper, But a wise man holds it back.

Proverbs 29:11 (CEV) Don't be a fool and quickly lose your temper-- be sensible and patient.

Colossians 3:8 (AMP) But now put away and rid yourselves [completely] of all these things: anger, rage, bad feeling toward others, curses and slander, and foulmouthed abuse and shameful utterances from your lips!

Receiving and extending forgiveness is essential:

1 John 1:8-9 (Message) 8 If we claim that we're free of sin, we're only fooling ourselves. A claim like that is errant nonsense. 9 On the other hand, if we admit our sins--make a clean breast of them--he won't let us down; he'll be true to himself. He'll forgive our sins and purge us of all wrongdoing.

Matthew 6:15 (AMP) But if you do not forgive others their trespasses [their reckless and willful sins, leaving them, letting them go, and giving up resentment], neither will your Father forgive you your trespasses