

Doctrine of Anger

1. Anger is an explosive and destructive emotion. When excessive and unreasonable it brings divine denunciation.
 - *Genesis 49:6 O my soul, come not thou into their secret; unto their assembly, mine honour, be not thou united: for in their anger they slew a man, and in their self-will they digged down a wall. 7 Cursed be their anger, for it was fierce; and their wrath, for it was cruel: I will divide them in Jacob, and scatter them in Israel.*

2. Sometimes the saints do display a carnal anger
 - *Jonah 4:9 And God said to Jonah, Doest thou well to be angry for the gourd? And he said, I do well to be angry, even unto death.*
 - *Exodus 32:19 And it came to pass, as soon as he came nigh unto the camp, that he saw the calf, and the dancing: and Moses' anger waxed hot, and he cast the tables out of his hands, and brake them beneath the mount.*

3. Most of the time anger is unreasonable and may be traced to extenuating circumstances such as extreme fatigue, extreme embarrassment, extreme frustration, or rejection.
 - *Numbers 24:10 And Balak's anger was kindled against Balaam, and he smote his hands together: and Balak said unto Balaam, I called thee to curse mine enemies, and, behold, thou hast altogether blessed them these three times.*

4. It must be recognized that anger is not only emotional, it is biochemical as well. In pressure situations an involuntary response takes place from a quiet condition to an alarm reaction state.

5. The will, however, determines what will be done with the "fight or flight" state of alertness. Far too often people decide to fight, to lash out, and to be angry.

6. It does not have to be this way as both selected personal experience and the Word of God reveals.⁷ The Lord would have His people to live in peace.
 - *Romans 12:18 If it be possible, as much as lieth in you, live peaceably with all men.*
 - *Ephesians 4:31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:*
 - *Colossians 3:8 But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth.*

7. There are several techniques to be used in order not to express anger:

- Avoid using grievous word that stirs up anger. *Proverbs 15:1 A soft answer turneth away wrath: but grievous words stir up anger.*
- Cultivate a mindset of controlling negative emotions. *Proverbs 15:18 A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife.*
- Remember that being slow to anger is a mark of a great person. *Proverbs 16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.*
- Give a gift or do a deed of kindness in response to anger. *Proverbs 21:14 A gift in secret pacifieth anger: and a reward in the bosom strong wrath.*
- Understand that the angry person is foolish. *Ecclesiastes 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.*
- Avoid being a friend of an angry person. *Proverbs 22:24 Make no friendship with an angry man; and with a furious man thou shalt not go:*
- Realize that damnation awaits the angry person who does not repent. *Matthew 5:22 But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire.*
- Make anger a matter of prayer.
- Explain negative feelings to a mature and understand third party who can advise and lead. Confess fault to one another.
- Realize that expectations of others may never materialize. Therefore, live with the fact that it hurts to expect nothing than to hope in vain.

8. Not all anger is sinful

- God is angry at the wicked everyday. *Psalms 7:11 God judgeth the righteous, and God is angry with the wicked every day.*
- Jesus was angry with the Pharisees. *Mark 3:5 And when he had looked round about on them with anger, being grieved for the hardness of their hearts, he saith unto the man, Stretch forth thine hand. And he stretched it out: and his hand was restored whole as the other.*

- Paul became angry at Peter's improper conduct and withstood him face to face.
9. However, most anger is sinful and should be dealt with as such so that the Christian is characterized by the fruit of the Spirit.
- *Galatians 5:22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,*
10. Ventilation of anger is aimed at destroying others, which God forbids.
- *Romans 12:18 If it be possible, as much as lieth in you, live peaceably with all men. 19 Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord. 20 Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head. 21 Be not overcome of evil, but overcome evil with good.*
11. Internalization of anger is prone to result in tension, ulcers, migraines, or other such miseries.
12. The key is to release anger by holding back not holding in if one is prone to ventilation or by releasing anger under control if the tendency is to internalize. Anger under control is the Scriptural mandate.