

## Doctrine of Anger

1. The word "*anger*" means literally "*to breathe hard.*"
2. Anger is a God given emotion to be used righteously.
  - *Ephesians 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:*
  - *John 7:24 Judge not according to the appearance, but judge righteous judgment.*
3. Some anger is justified.
  - God the Father is angry with presumptuous sinning. *Psalms 7:11 God judgeth the righteous, and God is angry with the wicked every day.*
  - God the Son is angry at the hardness of the human heart. *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.*
  - Moses was angry at the constant complaining of the children of Israel. *Numbers 20:11 And Moses lifted up his hand, and with his rod he smote the rock twice: and the water came out abundantly, and the congregation drank, and their beasts also. 12 And the LORD spake unto Moses and Aaron, Because ye believed me not, to sanctify me in the eyes of the children of Israel, therefore ye shall not bring this congregation into the land which I have given them.*
4. Most anger is not productive. It does no good.
  - Wives are not to provoke their husbands. *1 Peter 3:1 Likewise, ye wives, be in subjection to your own husbands; that, if any obey not the word, they also may without the word be won by the conversation of the wives; 2 While they behold your chaste conversation coupled with fear. 3 Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; 4 But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price. 5 For after this manner in the old time the holy women also, who trusted in God, adorned themselves, being in subjection unto their own husbands: 6 Even as Sara obeyed Abraham, calling him lord: whose daughters ye are, as long as ye do well, and are not afraid with any amazement.*
  - Husbands are not to provoke their wives. *1 Peter 3:7 Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.*
  - Parents are not to provoke their children. *Colossians 3:21 Fathers, provoke not your children to anger, lest they be discouraged.*

- Employers are to treat their employees fairly and not provoke them. *Ephesians 6:9 And, ye masters, do the same things unto them, forbearing threatening: knowing that your Master also is in heaven; neither is there respect of persons with him.*
  - Christians are not to provoke one another to anger through competition. *Gal 5:26 Let us not be desirous of vain glory, provoking one another, envying one another.*
5. Anger expresses itself in inappropriate actions or words.
- Physical violence
  - Libel, which is writing something down which is not true with the intent to hurt someone's livelihood or reputation
  - Slander, which is spoken untruth or embellishment of the reason for one's anger
  - Maligning or taking the opportunity to let many others know what has been said or done
  - Railing (venting)
6. In the life of the believer illegitimate anger is to be put away
- *Ephesians 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:*
  - *Ephesians 4:31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:*
7. One reason Christians should seek to put away anger is a desire to reflect the divine attribute of patience and grace.
- *Psalms 103:8 The LORD is merciful and gracious, slow to anger, and plenteous in mercy.*
8. A person who is patient with others can make strife to cease.
- *Proverbs 15:18 A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife.*
9. The ability to control one's emotions is considered to be of greater value than a military victory.
- *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.*
10. No one has to get angry. Anger is a matter of the will.

- *Proverbs 19:11 The discretion of a man deferreth his anger; and it is his glory to pass over a transgression.*

11. Angry people do not make good friends.

- *Proverbs 22:24 Make no friendship with an angry man; and with a furious man thou shalt not go:*

12. The sin of anger leads to other sins.

- *Proverbs 29:22 An angry man stirreth up strife, and a furious man aboundeth in transgression.*

13. An angry person is a foolish person.

- *Ecclesiastes 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.*

14. It is foolish to make others angry.

- *Proverbs 20:2 The fear of a king is as the roaring of a lion: whoso provoketh him to anger sinneth against his own soul.*

15. Most anger is unjustified.

- The anger of Cain was unjustified. *1 John 3:12 Not as Cain, who was of that wicked one, and slew his brother. And wherefore slew he him? Because his own works were evil, and his brother's righteous.*
- The anger of James and John was unjustified. *Luke 9:54 And when his disciples James and John saw this, they said, Lord, wilt thou that we command fire to come down from heaven, and consume them, even as Elias did?*
- The anger of the Apostle Paul against Barnabas was unjustified.
- *Acts 15:39 And the contention was so sharp between them, that they departed asunder one from the other: and so Barnabas took Mark, and sailed unto Cyprus.*
- The anger of Jonah against God for sparing the citizens of Nineveh was unjustified. *Jonah 4:4 Then said the LORD, Doest thou well to be angry?*

16. The stubborn heart will justify 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.*

17. Those who do not put away unlawful anger are in danger of eternal judgment.

- *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.*

18. One of the qualifications for useful spiritual service is to have a temperament that is void of excessive anger.

- *Titus 1:7 For a bishop must be blameless, as the steward of God; not self-willed, not soon angry, not given to wine, no striker, not given to filthy lucre;*

19. God's anger can be deferred.

- *Isaiah 48:9 For my name's sake will I defer mine anger, and for my praise will I refrain for thee, that I cut thee not off.*

20. The anger of the Lord is treasured up against the ungodly.

- *2 Peter 3:7 But the heavens and the earth, which are now, by the same word are kept in store, reserved unto fire against the Day of Judgment and perdition of ungodly men.*

21. God's anger is turned away by repentance

- *Jeremiah 3:12 Go and proclaim these words toward the north, and say, Return, thou backsliding Israel, saith the LORD; and I will not cause mine anger to fall upon you: for I am merciful, saith the LORD, and I will not keep anger for ever.*

22. The anger of man is turned away by a soft answer and by doing something in secret for someone.

- *Proverbs 15:1 A soft answer turneth away wrath: but grievous words stir up anger.*
- *Proverbs 21:14 A gift in secret pacifieth anger: and a reward in the bosom strong wrath.*