

Rising Above Anger

At the core of some of the ugliest scenes in the Bible is anger. Cain killed his brother because he was angry about how pleasing Abel's sacrifice was to God (Genesis 4:3-8). Saul's anger towards David made him jealous and suspicious (1 Samuel 18:7-9). The Jewish council's anger towards Stephen's sermon prompted them to stone him (Acts 7:54-60).

We live in very angry times. Many are angry about having to wear masks and get vaccines. Many folks, in their anger and frustration, engage in road rage. Others are so uncontrolled in their anger that they physically assault others, curse, slander, and gossip. Let's consider how we can "rise above" and conquer unchecked anger.

The Facts About Anger

- Anger is something that God demonstrates throughout the Bible. Probably the most famous case is the occasion in which Jesus cleansed the temple (John 2:13-17). Jesus had righteous indignation! He was angry that wicked men had corrupted the purpose of His Father's house.
- It is not always wrong to be angry. There are times when we should get angry. Righteous indignation is appropriate when we notice the promotion of sin and wickedness.
- Anger can lead to sin (Ephesians 4:26-27). It was uncontrolled anger and hatred that led Cain to murder Abel. If anger is not properly dealt with, it can lead us to hurt others (Matthew 5:21-22).
- Anger is a big deal! It can allow the devil to work in our lives (Ephesians 4:27; Psalm 37:8; Proverbs 14:17, 29; 15:18; Matthew 5:22).

How do we "rise above" anger?

- We need to deal with it quickly. We don't need to let anger towards another fester and boil over in our hearts (Ephesians 4:26). We need to be willing to be open, talk and initiate reconciliation (Matthew 5:23-24). Failing to do this can negatively impact our worship to God!
- We need to acquire some humility. We need to put off the products of anger and put on the qualities of Jesus (Ephesians 4:31-32). We need to remember that we also have made mistakes like the people who anger us. We also have needed forgiveness and compassion. We also are people blessed to have an avenue of reconciliation with God through the blood of Jesus.
- We need to think about God. We need to understand that what we decide to do in our angry moments affect God (Ephesians 4:30). We grieve the Holy Spirit when we reject the revealed teachings He has given us about controlling our anger.

Conclusion:

Do you need to repent of sin committed in a moment of uncontrolled anger?

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