

## **Doctrine of Anger**

1. Anger is an explosive and destructive emotion. When excessive and unreasonable it brings divine denunciation (Genesis 49:6,7).
2. Sometimes the saints do display a carnal anger (Jonah 4:9; Ex. 32:19).
3. Most of the time anger is unreasonable (Num. 24:10) and may be traced to extenuating circumstances such as extreme fatigue, extreme embarrassment, extreme frustration, or rejection.
4. It must be recognized that anger is not only emotional, it is biochemical as well. In pressure situation 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 as per Romans 12:18; Ephesians 4:31; and Colossians 3:8.8.
7. There are several techniques to be used in order not to express anger:
  - Avoid using grievous word that stirs up anger (Prov. 15:1).
  - Cultivate a mindset of controlling negative emotions (Prov. 15:18).
  - Remember that being slow to anger is a mark of a great person (Prov. 16:32).
  - Give a gift or do a deed of kindness in response to anger (Prov. 21:14).
  - Understand that the angry person is foolish (Eccl. 7:9).
  - Avoid being a friend of an angry person (Prov. 22:24).
  - Realize that damnation awaits the angry person who does not repent (Matthew 5:22).

- 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.<sup>9</sup> Not all anger is sinful
  - God is angry at the wicked everyday (Ps. 7:11).
  - Jesus was angry with the Pharisees (Mark 3:5).
  - Paul became angry at Peter's improper conduct and withstood him face to face.
8. However, most anger is sinful and should be dealt with as such so that the Christian is characterized by the fruit of the Spirit (Gal. 5:22).
  9. Ventilation of anger is aimed at destroying others, which God forbids (Rom. 12:18-21).
  10. Internalization of anger is prone to result in tension, ulcers, migraines, or other such miseries.
  11. The key is to release anger by holding back not holding in if one is given to ventilation or by releasing anger under control if the tendency is to internalize. Anger under control is the Scriptural mandate.