



CHRIST CHURCH RESOURCES

DEALING WITH ANGER...GOD'S WAY

Chances are, you've been angry at least once this past week. It may have been minor frustration with another driver or being irritated with your kids for not putting away their toys. It could have been a situation at work. Some husbands and wives live with daily anger and hurt feelings. Some parents and their children are in a constant battle of outbursts of anger and abusive words. Many adults have hurts from childhood that keep bubbling to the surface. Every time they think about them, they seethe with anger. So how do we deal with anger, God's way?

The first step is to stop and analyze it: is it righteous anger, sinful anger, or a mixture of both? Think about why you're angry. The truth is that when I analyze my anger, almost always it is rooted in selfishness: I didn't get my way and I want my way! I didn't get my rights and I demand my rights! So the first step in overcoming anger is to analyze it honestly before God by looking at why you were angry. If selfishness had any part in your anger, it was sinful.

But, maybe you're thinking, "How is that helpful? Admitting that my anger was sinful only makes me feel guilty!" But, the good news is that the Bible has the solution for victory over sin! Christ died both to take away the guilt of our sins and to give us power through the indwelling Holy Spirit to overcome our sins. "But now here are the kinds of things you must also get rid of. You must get rid of anger, rage, hate and lies. Let no dirty words come out of your mouths." Colossians 3:8 NIRV

Paul's simple command to put aside our anger implies that we can control it. He doesn't make exceptions for those with short fuses or for those who have been victimized. He just says (Col. 3:8), "Get rid of it." While it may be humanly impossible to control your anger, if you'll confess it as sin and learn to walk in the Spirit in obedience to God, you can control it. These qualities require nurture and attention. The second you feel anger welling up inside of you, if you stop long enough to recognize it as sin, yield to the Holy Spirit, and rely on His strength, you will see increasing victories over your anger.

In Colossians 3:12-14, Paul commands us to put on many godly behaviors, summarized by love. "Putting off" and "putting on" are decisive actions that we can and must do. The Holy Spirit produces His fruit of self-control in us, but we are responsible to walk in the Spirit. A passive approach to anger doesn't work. You've got to confront it head-on; it won't go away by itself.

SCRIPTURE

Colossians 3:8

James 1:19

Ephesians 4:26

Proverbs 19:11

Proverbs 16:32

Colossians 3:12-14

RESOURCES

Unoffendable: How Just One Change Can Make All of Life Better by Brant Hansen

The Book of Forgiving: The Fourfold Path of Healing Ourselves & Our World by Desmond Tutu

Boundaries: When to Say Yes, How to Say No to Take Control of Your Life by Henry Cloud

Website: Boundries.me