

ANGER

1. You can control your temper. You may say you cannot; but God says you can. "A fool gives *vent* to his anger, but the wise man, holding it back, quiets it." (Proverbs 29:11).
2. Some people learn to give free reign to their temper when they are with their families, but they also learn to control it in front of others. What has been learned can be unlearned - a new way of responding that is pleasing to God; a new way of acting and reacting that can take the place of the old way. In other words, you can learn to control your temper, *even* at home. If you can control your temper with your boss but not your spouse, your priorities are wrong.
3. Your relationships to God and your spouse are supposed to be your highest priorities. If they are not, you are likely damaging those relationships. Just because God and your spouse *love* you does not mean that you can abuse them. When that happens, your fellowship is hindered. God's Word says, "Husbands, *love* your wives and do not be embittered against them," (Colossians 3:19),
4. Uncontrolled temper is not acceptable. It is sin. It is sin in your home as well as anywhere else. The fact that your spouse puts up with you and your boss would not doesn't change the truth of that judgment. It is sin, and it must be stopped.
5. God will help you to, "Put away all bitterness and wrath and anger and clamor" (Ephesians 4:31). How? By teaching you His ways, which never fail. When you learn His ways, you will not blow up, clam up, do a slow burn, or hold bitterness or resentment.
6. Holding back a sinful expression of anger is different from holding it in. Holding anger in is a sinful extreme condemned by God. His Word says, "Be angry, but do not sin: do not let the sun go down on your wrath" (Ephesians 4:26).
7. Anger against unrighteousness is not condemned in the Bible. Such anger aims a person's energies at solving problems God's way; and that means learning how to release the power of righteous anger that is under control.
8. Alternative anger is sinful. "Blowing up" anger destroys us and others. "Clamming up" anger just destroys us. Such anger never solves the problem that caused the anger in the first place.
9. Instead, "Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, that it may give grace to those who hear" (Ephesians 4:29).
10. We must seek to build others up, even when they have wronged us (Romans 12:18-21). Any force or energy resulting from a situation must be directed toward destroying the problem, not directed toward the person.

11. Remember, you are to control the release of anger and its energy. Ask God to help you release your anger, rather than holding it in. Only in this way can you gain control of this powerful and important force in your life.
12. You do not have to try to make the change in your own strength. Instead, prayerfully follow the guidance in the Bible, and the Spirit of God will help you.
13. If you have placed your trust in Him, the promises of God are for you. If you have not, go to the outlines on pages S-5 ("You Can Change") and S-7 (Commitment).

Other Scripture references on the sin. of anger;

Genesis 4:5-7

Psalms 7:11

Proverbs 14:17, 29; 15:1, 18; 19:11, 19; 20:3, 22; 22:24; 24:29; 25:15, 28; 29:11, 12

Mark 3:5

James 1:19-20