

Anger And Wrath

(ABC's that threaten Christian living)

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Timeless Truths (Why should anger and wrath be avoided?)

1. There appears to be a way of being angry while not producing sin, (Eph. 4:26).
(Anger may motivate us to hate sin and evil and cause us to be obedient to God!)
2. Those who are dead in trespasses and sin are by nature children of wrath, (Eph. 2:1-3).
(Christians have a changed nature!).
3. Anger is a work of the flesh, Gal. 5:20, and therefore when anger is out of control we are not spirit controlled, (Gal. 5:22-23).
4. Man's wrath doesn't produce the righteousness of God, (Ja. 1:20; however, man's wrath does produce strife, Prov. 15:18).
5. Anger can give an advantage to the Devil, (Eph. 4:27).

Practical Prescriptions (How can I control my anger and wrath?)

1. Review your situation before reacting to it.

Christians should be "slow" to wrath, (Ja. 1:19; Prov. 16:3).

2. Relinquish control of judgment and retribution to the Lord.

Christians should "give place" to wrath, (Rom. 12:19).

There are at least three main interpretations of the phrase "give place:"

A. Allow distance between the situation and your immediate response.

B. Let the natural principle of retribution take its course.

*C. Leave the situation to God to exercise His wrath, (Rom. 12:19; Deut. 32:35).

3. Refrain from responding to circumstances in sinful ways.

Christians should "not sin" when angry, (Eph. 4:26).

There are at least two main thoughts on the "sin not" phrase:

A. Get provoked by the presence of evil but don't do what is God's response.

B. Righteous indignation should not become outbursts of emotional temper.

4. Repair relationships before they develop into hostility.

Christians should not let the "sun go down" on wrath, (Eph. 4:26).

There are at least two main thoughts on the phrase "sun go down:"

A. Don't allow problems to go unresolved, reconcile them within a short time.

B. Keep a watch on your thoughts or emotions and your sin account cleared up.

5. Replace anger with compassion, grace and mercy.

Christians should "put away" wrath and anger, (Eph. 4:31-32).