

Anger 8 Deadly Sins

When circumstance arise in our lives that cause us to react with anger, sometimes we feel helpless to this reaction and, many times, the actions that follow. The scriptures address responding to these experiences and provide us with the prescriptions for combating its effect.

Key Verse: Proverbs 22:24-25 “Do not associate with a man given to anger; or go with a hot-tempered man, or you will learn his ways and find a snare for yourself.”

Proverbs References

- Proverbs 29:22 “An angry man stirs up strife, and a hot-tempered man abounds in transgression.”
- Ecclesiastes 7:9 “Do not be eager in your heart to be angry, for anger resides in the bosom of fools.”

Definitions

Old Testament: 'Anaph: Verb to be angry, to be displeased, to breathe hard

'Aaph (noun) rapid breathing (through the nostrils) in passion); ire

New Testament: Orgē: (Pronounced or-gay') anger, the natural disposition, temper, movement or agitation of the soul, a violent commotion of the mind; indignation

The Lord's Anger

The phrase “the anger of the Lord burned...” occurs 53 times in scriptures, all in the Old Testament.

- The terms Anger and Angry appear 364 times in the Old and New Testament, which is more than all of the other “Deadly Sins”.

God's Righteous Anger vs. Our Anger

What makes us angry?

- The Hulk
- Threats, violence, and injustices against US
 - Childhood trauma
 - Adult trauma
 - E-mails critical of our job performance
 - Fender bender car accidents
- Threats, violence, and injustices against People We Know and Love
- Threats, violence, and injustices against People We Do Not Know
 - Police Brutality
 - Child soldiers
 - Sex trafficking

All Anger Does Not Need to End in Sin

Ephesians 4:26-27, “Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.”

- Context: Paul providing practical living advice for believers in Chapter 4, verses 17-35.
- Taken from Psalm 4:4 “Tremble [with anger or fear] and do not sin; meditate in your heart upon your bed, and be still.”
- Do not let it fester.

Proverbs 16:32 “He who is slow to anger is better than the mighty, and he who rules his spirit, than he who captures a city.”

Christ’s Anger

- Against the Pharisees. Mark 3:1-6
- Against the money-changers and sellers of sacrifices in the temple to be offered at the Passover. John 2:13-17
- Against the money-changers and those who were buying and selling in the temple at Passover. Matthew 21:12-14

Anything consistent in each of these circumstances?

Common themes among each “Deadly Sin”

1. Focus is on the self (“I”)

- *Pride, Lust, Greed, Gluttony, Envy, Anger*

Strategies for Battling Anger

1. Remain in control.
2. Be forgiving. Offer grace to the one that has offended you, understanding that we have received God’s grace.
3. Consider WHY you are feeling anger.
 - Is it righteous indignation for the violation God and His law, or is it an offense against your personal beliefs?
4. Use the moment as a ministry opportunity.
 - Charleston, South Carolina church shooting in 2015. Nine African-Americans were killed during the bible study. How did the survivor’s respond?
5. Keep in mind that all things, people, and circumstances are within God’s power to act how and when He chooses.
 - Psalm 146:7 “[He] executes justice for the oppressed.”
 - Romans 12:19 “Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, ‘Vengeance is mine, I will repay’ says the Lord. But if your enemy is hungry, feed him, and if he is thirsty, give him a drink; for in so doing you will heap burning coals upon his head.”

Prayer: Psalm 139:23-24, “Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any hurtful way in me, and lead me in the everlasting way.”

Conclusion

When we feel the urge to react in anger, even in circumstances that we may be justified in the reaction, we must lean on God's word and His will, as we continue to be lights to the world.