

RESURRECTION BIBLE STUDY MINISTRY

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**Mystery of
ANGER**

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Study
Program

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Topic:

THE MYSTERY OF ANGER

Bible Text: Ephesians 4:26

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Prayer

Almighty Father we bless Your name for the gift of Life we exalts You because there is none like You Father we are about to study Your word please let the Holy Spirit take control of tonight's bible study for in Jesus name. Amen

Study

It's of a truth that we have all at one point heard about anger, and it's not something new to us again, in fact it's commonly displayed around us. The Lord is set to open our eyes and give us deeper understanding about it. Can we turn our bibles with me to

Ephesians 4:26 KJV

Be ye angry, and sin not: let not the sun go down upon your wrath:

What is anger?

It is a strong feeling of being upset or annoyed because of something wrong or bad, it can also mean the feeling that makes someone want to hurt other people, to shout, etc or the feeling of being angry.

It's of a truth that because of the fallibility of men, we are bound to offend one another, we have all gotten angry before, there is no body who can claim never to have been

enraged before because this is one of the packages that came from Adam our father, and at times these are the outcome of pains, regrets, shame, displeasure, bitterness, shame, hatred, unforgiveness, malice among others. According to the Adamic nature of man, we are liable to make people get angry or even get God annoyed. Therefore, knowing what anger really is, does and how to handle it is very important. **Should Christians get angry?**

Ephesians 4:26 KJV **Be ye angry, and sin not: let not the sun go down upon your wrath:** This is a logical question which must be deeply understood, and in understanding this command, it's good to differentiate emotions from actions. We all feel emotion. At various times, we feel sadness, grief, frustration, excitement, happiness, and anger. Such feelings come naturally and are not sinful in and of themselves. It is how we act on those emotions that can be sinful. Emotion is internal and not directed against people. Action is external and can be directed positively or negatively toward others.

Therefore as Christians we are liable to getting angry but we have to be careful of the outcome of the anger, that is why it states that get angry but do not sin. The result of the anger can amount to sin if one is not careful and this is what would give the devil a foothold over one, that is why the scriptures says that Ephesians 4:27 KJV Neither give place to the devil. the moment we allow anger to control us then we have given place to the devil.

There are different kinds of anger, but I would like to place them under to categories, which we would treat deeply tonight.

1. Holy Anger

2. Burning Anger

I'm sure that many of us must have heard about Holy anger before, although some are saying there is nothing like Holy anger. But let's search the scriptures to see if we can find any trace to this. Jesus Christ on one of the Sabbaths had these common issues with the Pharisees, who were always too conscious of the law even in their hypocritical ways. They were watching Him, if he would heal a man with withered hand on a Sabbath. Which made Him ask them a simple question. Mark 3:4 KJV And he saith unto them, **Is it lawful to do good on the sabbath days, or to do evil? to save life, or to kill? But they held their peace.** they did not answer because they knew that whatever thing they say would still come against them, they were stuck in between saying yes or no, and at the same time they do not want the man to be healed on Sabbath, therefore breaking God's commandment on loving one's neighbor as oneself, they preferred to have that man remain in that state, their reasoning was such that is directed towards serving as an hindrance to the deliverance, salvation, happiness, joy, peace, and freedom of another man.

Mark 3:5 KJV **And when he had looked round about on them with anger, being grieved for the hardness of their hearts, he saith unto the man, Stretch forth thine hand. And he**

stretched it out: and his hand was restored whole as the other.

Because of the evil state of their hearts, Jesus got angry but His anger produced healing (deliverance) for the man. As such, the kind of anger Jesus had can be referred to as an Holy anger that produces righteousness, and is in accordance to the will and purposes of God, the scriptures says that the thoughts God has towards us is of God and not of evil, therefore it was in line with God's will that that man be healed because God wants good for him, and that was just what Christ did, and was angry with those who wanted to oppose God's will for that man's life . Look at what happened at the temple the other day that Jesus got there that he found people buying and selling. John 2:15-16 KJV **And when he had made a whip of small cords, he drove them all out of the temple, and the sheep, and the oxen; and poured out the changers' money, and overthrew the tables; [16] And said unto them that sold doves, Take these things hence; make not my Father's house an house of merchandise.** These action when critically looked into, one would discover that it was done out of the love Jesus Christ had for His Father, assuming He had gone there to flog them out because He wanted the leaders of the synagogue to ordain Him as a pastor then he would have sinned because he would have been doing it out of the flesh, Holy anger does not come as a result of our fleshly control or influence but by the move of the Holy Spirit in us.

This is telling us that anger against injustice, oppression, assault etc can be godly, for example, when we see the widow being oppressed and one is angry because of this, it's in line with the word of God which says that Leviticus 25:17 KJV **Ye shall not therefore oppress one another; but thou shalt fear thy God: for I am the Lord your God.** We can show our displeasure in the ungodly ways of sinners but not in such a way that influences our actions to sin, these can be done by seeking judgement for the helpless or the oppressed. As true believers, it's in our nature not to be comfortable with those who partakes in lawlessness which can make us feel grieved in the heart a times. 2 Peter 2:7 NLT **But at the same time, God rescued Lot out of Sodom because he was a good man who was sick of all the immorality and wickedness around him. [8] Yes, he was a righteous man who was distressed by the wickedness he saw and heard day after day.** but the truth remains that these evils done would continue until Jesus comes therefore controlling our anger is very important. Lot kept on living amidst ungodly and wicked people, yet, being tired and feeling pained in the heart because of their lawlessness he could not do much in helping himself, many are in situations such as this, but God is the one who delivers, therefore remaining unspotted is the key to our deliverance. Concerning anyone here who is helplessly grieved due to the wicked deeds around you, the Lord will single you out for good today in Jesus Christ name.

2. Burning Anger

This is the direct opposite of Holy anger, it is destructive in nature, it is capable of causing serious havoc. It is mostly found in the lives of unbelievers and it also has gotten upper hands in the lives of some Christians. It does not produce the righteousness of God in any way and does not point anyone to the cross. This is what

the Bible warned us about in the book of James 1:20 KJV **For the wrath of man worketh not the righteousness of God.** it is the one we must make sure that we turn away from. It births actions that can make even our fellow believers doubt our salvation. With this anger in the life of a man, the Holy Spirit does not easily find a place to stay because their lives becomes will not be conducive for Him. It's the typical handiwork of the flesh and is controlled, spurred, and dictated by the Adamic nature of man which the scriptures sternly warned us to turn away from in Ephesians 4:31 KJV **Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:**

Due to burning anger, alot of marriages, friendship, relationships, families etc has scattered. We have heard of cases where couples had disagreements and the wife went into the house and carried the television outside and broke it, also with the glass plates, breaking them to pieces. This kind of anger in the life of anyone would eventually finish such person if something is not quickly done. Anger does not settle things, it only causes more damages. Have you ever thought of it that if you get angry, it does not still proffer a solution to the matter on ground so why waste your energy getting angry? Those who get easily angry because of little things should watchout because anger is not one of the fruit of the Spirit.

The scriptures stands about man's anger

Ecclesiastes 7:9 KJV **Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.** this means that it's only a foolish man that would allow anger to control him into doing things which he is not supposed to do. At times, I feel ashamed of people who brag with anger, some would say that, I have not seen anyone who can display anger more than I do, when I get angry, the person that would appease me would try, I inherited it from my mother, even my mother is whom they should be calling anger because when she gets angry, her own anger can boil an egg. Whereas the scriptures says anger lies at the bosom of fools. As believers, we shouldn't get angry easily, we should be slow to anger. James 1:19 KJV **Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:** there are people who can kill a man at the point when they are angry, the truth is that anger is a spirit, and it can be passed from one generation to another, once a believer gets to recognize this kind of trend in his lineage, he has to go for quick deliverance before it becomes something else, because it is capable of destroying a glorious future, and can also hinder God's plan in the life of a man. Proverbs 14:29 KJV **He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.**

Christians has to watchout when:

- Anger becomes a fuel for revenge.
- It becomes an avenue for wishing others evil.

- It has given space to nurse hatred, malice, bitterness etc in the heart.

Facts about anger

- The point is that, it is capable of making a man foolish for some minutes.
- It is capable of destroying and scattering what has been painstakingly built for years within a twinkle of an eye, which makes it destructive.
- It can tear relationships apart
- It ruins the joy and happiness of people

There was a particular pastor's wife who turned her husband's 1,500 church members into 10 (ten) just within minutes, she went to the church, handled the mic and spoke during service saying, "this my husband, you are all respecting thinking he is a man of God is an adulterer, he is not whom you think he is" and that was all, division set in in the church and members became not more than ten in the next worship service just because of anger. **How to control Anger** Because of the adverse effects of anger, and that it is something that has to do with our emotions, we have to know how best to control it, so that we will not sin through it.

1. **Be honest and speak:** whenever we are angry with anyone, it is important to be honest and speak to the person about how we feel and not keep it to ourselves until it starts growing into something else or we start reacting somehow to the person, no one is capable of seeing the mind of another person except God, therefore tell the other person about how you feel and trash the matter out. (Ephesians 4:15,25)

2. **Do not harbor anger:** don't let anger gather inside of you, it will lead to bitterness, don't say I will let him or her offend me very well until his or her cooler with me is full before I bounce back, it can destroy things. Immediate actions is to be taken to settle things. (Ephesians 4:26-27)

3. **Attack the problem not the person:** in most cases we tend to attack the person who gets us angry rather than the problem. Someone mistakenly steps on your toes, why not give attention to your toes to ease the pain rather than slapping the person or abusing the person by asking if they were blind not to have seen your toe. attack the problems please, let's stop attacking the people. (Ephesians 4:29, 31)

4. **Keep your voice low:** the bible says in Proverbs 15:1 that A soft answer turneth away wrath: but grievous words stir up anger. two wrongs cannot make a right, that is, two angry people cannot come to a peaceful conclusion at that their angry state. Try as much as possible to keep your voice low, always have it in mind that raising your voice does not solve the problem neither does it make the other person understand you better, it only causes more damages.

5. Give pause before replying: taking a pause of like ten seconds before giving a reply when angry can help you to think about the best way to reply at that point, most people just open their mouths to talk due to how they feel because they lack patience, being patient is very important and it's also related to long-suffering, and also a companion with self control. Be slow to speak!

6. Solve your part of the problem: you should try as much as possible to solve the part you have been at fault, don't start proving rights, this is what has caused a lot of disaster for many people, they were not humble enough to accept their faults and address their own side of the matter.

In conclusion

We should know that, what makes us feel bad to the point of shouting whenever we are angry is because at that current point our hearts are far away from the other person, making it look as if the person is far away from us which is why we feel that we must shout for the person to hear, whereas they are close to us in the real sense and we can be heard and understood well. We have to then put it in mind that whom we are addressing is close by and that an ordinary whisper can even communicate to them better. Let's be mindful of the things that easily get us angry and avoid them too. We have to turn away from every burning anger that is capable of causing havoc and damning our souls for eternity.

For those who are struggling with anger, I pray that the spirit behind it shall get out of your life, and the wisdom you need to handle it in a godly way for it not to destroy you, shall be given unto you in Jesus name!

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