

# ANGER

As men and women created in the likeness and image of God, we are people capable of expressing emotions...in healthy and unhealthy ways. One of the primary emotions expressed by man is anger, which can be both righteous (a reaction to injustice and a defamation of God's character) or unrighteous (ranging in degree and intensity from mild irritation to rage).

Most of us get angry from time to time, and we need to remind ourselves that anger in itself is not sinful. Ephesians 4:26 reminds us, "...don't sin by letting anger control you. Don't let the sun go down while you are still angry." In fact, anger is sometimes a motivational tool that drives us to some kind of action which is beneficial and a proper reflection of God's will. For example look at Mark 3:1-6:

## Mark

**3** Jesus went into the synagogue again and noticed a man with a deformed hand. <sup>2</sup>Since it was the Sabbath, Jesus' enemies watched him closely. If he healed the man's hand, they planned to accuse him of working on the Sabbath.

<sup>3</sup>Jesus said to the man with the deformed hand, "Come and stand in front of everyone." <sup>4</sup>Then he turned to his critics and asked, "Does the law permit good deeds on the Sabbath, or is it a day for doing evil? Is this a day to save life or to destroy it?" But they wouldn't answer him.

<sup>5</sup>He looked around at them angrily and was deeply saddened by their hard hearts. Then he said to the man, "Hold out your hand." So the man held out his hand, and it was restored!

John 2:13-22 is another great example from the life of Jesus that reminds us how anger can be an appropriate response.

Unfortunately, we do not always process out anger appropriately. Sometimes we deny we are angry, withdraw, turn our anger inward which can lead to physical ailments, feelings of inferiority, or self-destructive behavior, or simply "take it out on someone else" not the source or the cause of our anger.

What should we do with our anger? Well, we can face it (admit we are angry and see it as part of the human condition), flee from it, or figure it out -- looking for the root of our anger and dealing with it in an appropriate manner. And that's where the Care ministry of the Bridge stands willing to assist you in that process. We'll sit with you, pray with you, and ask the LORD to give you insight, direction, and the empowerment to deal with this most basic of human emotions in way that glorifies God, upholds His Word, and demonstrates a healthy emotional spirituality.

*We're here to help! Give us a call or email us at [care@thebridgersm.com](mailto:care@thebridgersm.com) and we will make connection with you as soon as possible! God bless you!*

