

Making Your Anger Work for You (part 2)

Ephesians 4:31

“What's on the inside?”

arl would not be considered an angry person. He rarely appears to be angry. One of the many myths regarding anger is that if a person doesn't look or appear angry on the outside, then they don't have a problem with anger, and they are clearly not an angry person. While he doesn't appear angry on the outside, his insides are a battlefield. He's been taking medication for ulcers for several years, and he frequently experiences migraine headaches.

Reflection

First of all, accept responsibility for your anger. Don't say, “he made me angry.” It's yours. You own it. Even though the feeling may have come without your beckon, you chose to react in anger. Second, don't allow it to control and dominate you. Rely on the help of the Holy Spirit to make a choice about how you will express it. Third, look at the facts. Identify the source and cause of it. Fourth, choose your response. When you are angry, ask yourself: Is it really that important? How can I express my anger in a way that is biblical and that will bring resolution and reconciliation?

We must make a choice. In the same way that Joshua said, “choose this day whom you will serve,” (NRSV). God asks us to choose, we can serve our anger or control and invest it

Accountability and Application

Think for a moment about the things that easily ignite you. Do you observe a root to those things? For some, it may be when their material possessions, titles or positions are threatened. For others, it may be when they are mistreated or misrepresented, or when their expectations are not met. Any number of things can trigger anger. Write about normal situations that make you angry. What is your response?

What have I learned about myself and how I handle anger?

Prayer: Lord, I see in the life of Christ how he was able to channel his anger and frustration, caused by a sinful world, into positive, redemptive action. Make me more like Jesus in this area.

Ephesians 4:25-32 (NIV)

²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ “In your anger do not sin”: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold. ²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. ²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ **Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.** ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.