

# Do not sin in your Anger.

## Eph 4:26

A word they say is enough for the wise. We should not be tired of hearing words of advice like this because these are the things that happen in our everyday life and when they are used as daily inspiration they help us to practice a peaceful coexistence with our neighbors and a better way to serve our God. So take a word home today.

**Anger:** A strong feeling of instant displeasure or annoyance on account of something evil/bad that presents itself to our view or hearing. In itself it is an original in-built of human nature, just as love is, and is not necessarily sinful. It may, however, become sinful when causeless, or excessive, or protracted (**Mt 5:22**); But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca (useless, empty, worthless), shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire. **Eph 4:26; Be ye angry, and sin not: let not the sun go down upon your wrath. Col 3:8** But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth). These are the things that cause quarrel hatred division even fight among relations, friends and brethren. Some people lie against others just based on their perspective (I think say), filthy communication, **Jam 3:6**, the tongue is a fire. Try to control your own don't let it loose, that makes you a Christian.

**Anger:** As ascribed to God, it denotes his displeasure with sin and with sinners (**Ps 7:11** God judgeth the righteous, and God is angry with the wicked every day). There was fire outbreak at Taberah, on their way from Egypt. God was not happy with their complain. **Num.11:1** and He sent fire into their camp.

**For correction:** Christ overturned the table of those buying and selling in the Temple at Jerusalem

**Joh 2:16** And said unto them that sold doves, Take these things hence; make not my Father's house an house of merchandise

**Is anger sinful;** no though it can certainly lead to sin. Some human anger is as a result of anxiety which proves troublesome on sleepless nights and the next morning if care is not taken the whole of the day is affected nothing seems interesting anymore. **Ps 4:4** Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Here the psalm suggests that, rather than venting your worry in outbursts against others you should examine your own heart.

### Angry Inside:

Carryover of aggression; this is a common phenomenon in our everyday life. It happens everywhere in the society. Cain vented his anger on Abel due to his improper offerings which God did not accept. Gen 4:4 – 8. Cain anger led him to murder his only brother.

Is your mind still boiling about some ones action or bad behavior towards you? May Cain's action not be your portion.

### **Be slow to anger**

Whenever you are angry do not rush into action you may take the wrong decision at that moment, But some behavioral attitudes demand immediate reaction for correction. Yet as in Pr 19:11 The discretion of a man deferreth his anger; and it is his glory to pass over a transgression. Be wise. A man uses wisdom to gain patience, it is his glory to over look an offence specially when such offence is not detrimental to human existence and God's commandments.

Some people are always aggressive in their approach to issues and erratic in their behavior. Pr 15:18 A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife.; Pr 16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

Jas 1:19 Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:

### **May be averted by wisdom.**

Prov 29:8 Scornful men bring a city into confusion: but wise men turn away anger. This is when men engage in dialog.

### **Check yourself**

Anger is connected with:

**Pride:** Prov. 21:24. The proud and arrogant man, scorner is his name, he behaves with overwhelming pride.

**Cruelty.** Gen 49:7 Cursed be their anger, for it was fierce; and their wrath, for it was cruel: I will divide them in Jacob, and scatter them in Israel.

**Clamor and evil-speaking.** Eph 4:31 Put them away from you.

**Malice and blasphemy.** Col 3:8 Let not these be name amongst you.

**Strife and contention.** Pr 21:19 It is better to dwell in the wilderness, than with a contentious and an angry woman.

**Generally avoid angry people.** Pr 22:24 Make no friendship with an angry man; and with a furious man thou shalt not go. You discussion can turn violence on the way.

**Conclusion:** Jas 1:25

Let us strive to continue in the perfect law of liberty so that grace may abound.

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