

ANGER MANAGEMENT

Ephesians 4 vs 26–27, James 1:19–20

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Introduction

We live in a culture that thrives on outrage, a society that rewards the loudest voice and a generation where people are quick to speak before they think and quick to strike before they seek peace because of uncontrolled anger. Therefore, it is important to manage our anger.

Anger management is how we handle situations that make us angry. It is expressed in words or actions. Uncontrolled anger can lead to destructive behaviours, ruin relationships, career, poor decision making and lead to sin.

Anger is a strong emotional response to situations that a person perceives as:

- Injustice or unfair treatment
- Wrong
- Stress and Frustration
- Offense or betrayal
- Hurtful.
- Abuse
- Impatience
- Pressure

Anger management is a vital aspect of Christian living. Anger itself is not sinful, but how we express and manage anger is what leads us into sin. **Ephesians 4:26**

Anger has a way of making us to do things we would never consider doing normally. It must be dealt with quickly before it grows into sin. Anger, not expressed, can create other problems.

Biblical Examples

Cain allowed anger and jealousy to lead him into sin. (**Num. 20 vs 11-12** – Then Moses raised his hand [in anger] and with his rod he struck the rock twice)

- Moses, in anger, struck the rock instead of obeying God's instruction, resulting in consequences.
- Saul allowed anger and jealousy to consume him.

THE CONSEQUENCES OF UNCONTROLLED ANGER

1. **It gives room for bitterness and resentment to grow:** Uncontrolled anger gives feeling of disappointment or displeasure that a person continues to hold onto because of something they have done or failed to do. **Prov. 29 vs 22.**
2. **It leads to sinful actions:** Harsh words, revenge and violence.

3. **It Hinders Spiritual Growth:** Uncontrolled anger can affect prayer, worship and fellowship with God. It makes it difficult to show love, forgiveness and patience.
4. **It damages relationships and creates division.** Uncontrolled anger is a destructive force that can erode trust, intimacy and cause irreparable damage to relationships.
5. **It leads to Emotional Distress and Loss of Peace:** Uncontrolled anger can lead to emotional feeling of suffering caused by anger, grief or worry resulting to absence of inner calm and emotional stability.
6. **It Can Destroy Opportunities:** Many people have lost friendships, jobs, promotions, and ministry opportunities because of uncontrolled anger.
7. **It Leads to Emotional Distance:** Unchecked anger can create a noticeable loss of intimacy, empathy, and support between individuals. Proverbs 22:24-25, "Make no friendship with an angry man, and with a furious man do not go, lest you learn his ways and set a snare for your soul."
8. **It leads to Poor Decision Making:** Uncontrolled anger can lead people to make wrong choices that they later regret. Proverbs 14:29.
9. **It Opens the Door to the Enemy:** When anger is not managed properly, it can create opportunities for sin and spiritual attacks.
10. **It leads to unruly behaviour:** Unchecked anger can make people act impulsively without considering the consequences. Proverbs 29:22
11. **It Affects Physical Health:** Uncontrolled anger can lead to increase blood pressure, stress, headaches, fatigue and sleep problems.

MANAGING ANGER

1. **Self Control:** The ability to guard your thoughts, emotions, words, and actions according to God's will rather than being controlled by feelings or circumstances. (Proverbs 25 vs 28: Whoever has no rule over his own spirit Is like a city broken down, without walls)
2. **Be Slow to Speak:** Many problems are created by words spoken in anger. James 1 vs 19 Do not be quickly provoked in your spirit, for anger resides in the lap of fools.

3. **Practice Forgiveness:** Unforgiveness keeps anger alive. When we forgive, we release the burden and allow God to handle justice. (Colossians 3 vs13).
4. **Guard your thoughts and speech.** Proverbs 18 vs21
5. **Avoid making decisions while angry.** Ecclesiastes 7 vs 9
6. **Exercise Patient:** Take time to calm down before speaking or acting. James 1 vs19.
7. **Get Ride of all Bitterness:** Anger grows when we repeatedly dwell on offenses. ([Ephesians 4 vs 26](#)).
8. **Walk Away When Necessary:** One of the wisest ways to manage anger is to step away temporarily until emotions settle.

Conclusion

Anger itself is not the problem; allowing it to control our actions is. A Christian's strength is not shown by how loudly he reacts, but by how well he controls his anger through the power of the Holy Spirit."

God does not want anger to rule our lives. When we surrender our emotions to God, we can respond with wisdom, patience and love.