Anger

God created all of our emotions including anger. However, there are appropriate and inappropriate ways to express anger. We must learn to deal with anger in a healthy way so that it won't control us.

Anger manifests itself in different ways. Appropriate anger responds justly to injustice or evil. God displays this type of anger in the Bible. It is a controlled, selfless anger. Appropriate anger leads to action, which calls attention to, diminishes or outright destroys the wrongdoing that caused it. Jesus' anger at the merchants in the temple was appropriate: "Then he entered the temple area and began driving out those who were selling. 'It is written,' he said to them, 'My house will be a house of prayer'; but you have made it 'a den of robbers'." (Luke 19:45–46)

We can also express anger inappropriately. Inappropriate anger seeks to repay evil for evil, exacting vengeance on others. Inappropriate anger is selfish and doesn't make things better. Anger that is not dealt with leads to bitterness that ultimately harms us.

"Refrain from anger and turn from wrath;
do not fret—it leads only to evil." (Psalm 37:8)

"In your anger do not sin": "Do not let the sun go down while you are still angry." (Ephesians 4:26)

If you would like to speak with someone regarding this issue, we would love to help. You can contact the church office at (260) 347-3923 or email care@gcckendallville.com