Anger

What makes you angry? I have a lot of little nuances that bug me. Saying irregardless instead of regardless. Chewing with your lips open. Not flushing the toilet. Treating people like they’re less than people. People that don’t change the toilet paper roll. Oh! People that put the toilet paper on so it’s backwards.

I catch myself often with a tight jaw and a clinched fist. Not intentionally but just as a default setting almost. It’s got me wondering why I’m so angry. I’ve had a lot of life experiences that make me angry. I know what it’s like to grow up in not the healthiest of homes, I know what it is to be in poverty. I’ve had my best intentions blow up in my face. I’ve worked tirelessly for something and seen other people have it handed to them like a birthright. This world sets me off instantly. Every time I turn on the news it’s like a coin toss between sadness and anger. You have wars. People stealing, killing and lying. Stepping on others to get ahead. Politics makes me angry. As if in life we should need a group of people to tell us not to do drugs or shoot up a school. I see people protesting our great country. I have no problem with that, if you see something that’s an injustice you should say something and it’s amazing that we have that right here. But I also see people who are stealing tv’s, clothing and burning down businesses. Then I see children suffering, 1 out of 5 goes to bed hungry, that means everyone in here knows someone that just wants a sandwich. I mean as a group we can launch a tesla into space, see planets billions of miles away, control an oversized rc car on mars but we can’t cure childhood cancers? There’s story after story about kids being abused, neglected and abducted. For Pete’s sake Ashton Kutcher, that goofy guy from that 70’s show had to start a company to fight child sex trafficking. I’m so angry. At times I find myself thinking “God, what are you waiting for?” and I understand God wants everyone to have the chance to return to Him. That’s a conversation for a different day. But still I’m left with this truck load of anger. Am I the only one? So we’re going to take a look at what do I/we do with this anger?

*Eph 4:22-27* ***22****You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;****23****to be made new in the attitude of your minds;****24****and to put on the new self, created to be like God in true righteousness and holiness.* ***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”[*[*a*](https://www.biblegateway.com/passage/?search=eph+4%3A22-27&version=NIV#fen-NIV-29299a)*]: Do not let the sun go down while you are still angry,****27****and do not give the devil a foothold*

 I’ve been made new in Jesus, I’ve put that old me in the grave and I need to let go of that anger so I don’t sin. Anger is a natural emotion but we can’t let it control us. So let it go.

*Luke 6:22-27****27****“But to you who are listening I say: Love your enemies, do good to those who hate you,****28****bless those who curse you, pray for those who mistreat you.*

I need to pray for those people who causing me to be angry. Whether directly or indirectly. I need to take that concern to God and lay it at His feet. I need to pray that find their way out of the dark

*Proverbs 10:12 Hatred stirs up conflict,
    but love covers over all wrongs.*

Dr MLK Jr said “Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.” I can’t out anger somebody. Although I’ve been known to try. There’s a saying that goes something like “Don’t argue with stupid people, they’ll drag you down to their level and beat you with experience” Same thing is true with anger. Like Jesus demonstrated and said we’ve got to turn the other cheek. We’ve got to love them, not their choices, not the situation they are in, not the words they’re throwing at us but the person. God loves me so I have to love others.

*1 John 4:20* *Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen.*

Replace hate with love.

Sometimes I need to shut up. Shut and do better so I can realize that; sometimes the only thing that separates me from what makes me angry is Jesus. I’m still a person full of mistakes and bad habits but if Christ can go to the cross bearing my name and my sins the least I can do is follow his example. Not to mention it’s clearly laid out in Ephesians 5 to live a life of love.

*Ephesians 5:1-2* *Follow God’s example, therefore, as dearly loved children****2****and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.*

Also it’s laid out in the previous chapter that I need to control myself.

*Eph 4:29-32 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.*

Doesn’t get much cleared than that. Get rid of all bitterness, rage and anger. Be kind and compassionate. Even in James 1:19-20 we’re taught what to do with this anger.

*James I:19-20 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,****20****because human anger does not produce the righteousness that God desires.*

There’s many ways to deal with anger, write a letter, yoga, exercise, go outside and scream into the darkness. But the best way is what the bible teaches us, we’re different and need to let it go. Pray for them and us, replace hate with love because love covers up a lot of oops, shut up and do better ourselves, Try to live a life of love. Control ourselves and listen more, talk less. You’re going to get angry. That’s life, it’ll kick you when you’re down, knock you off the top once you get there. But this world, that’s full of hate doesn’t need anymore from us, what it does need is love, compassion and forgiveness. Even a little bit of understanding. If that fails there’s always alcohol.