

To Love the Lord Thy God - Spiritually, part 6 quotes

1 The Emotion of Anger

Anger is one of the most volatile of all our emotions, but it is not always wrong for the followers of God to indulge in!

“But I (Jesus) say unto you, That whosoever is angry with his brother **without a cause** shall be in danger of the judgement”. Matthew 5:22.

“And when he (Jesus) had looked round about on them (Pharisees) **with anger**, being grieved for the hardness of their hearts”. Matthew 23:29.

“Be ye angry, **and sin not**: let not the sun go down upon your wrath: Neither give place to the devil.” Ephesians 4:26-27.

2 The great majority of the manifestation of this emotion of anger is mixed up with selfishness, which then makes it a sin for any Christian to indulge in. This type of anger centering in self is most commonly manifested through our words, and when this type of anger occurs, our spirit is no longer in harmony with God and the cleansing work going on in us. He is dethroned from our soul, and without God's divine power and strength working in us then this cleansing process immediately stops!

“Why doth thine heart carry thee away?...**That thou turnest thy spirit against God, and lettest such words go out of thy mouth?** Job 15:12-13.

“A wise man feareth, and departeth from evil: but **the fool rageth**, and is confident. **He that is soon angry dealeth foolishly**”. Proverbs 14:16-17.

“Let all bitterness, and wrath, and **anger...be put away from you**”. Ephesians 4:31.

“For **wrath killeth the foolish man**”. Job 5:2.

“**Swear not at all**; neither by heaven; for it is God's throne: Nor by the earth; for it is his footstool: neither by Jerusalem; for it is the city of the great King. Neither shalt thou swear by thy head, because thou canst not make one hair white or black. But let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of evil.” Matthew 5:34-37.

“Curse not the king, no not in thy thought; and curse not the rich in thy bedchamber: for a bird of the air shall carry the voice, and that which hath wings shall tell the matter.” Ecclesiastes 10:20.

3 If we should commit sin by angrily speaking any unchristian words, then let us truly and fully recognize what we have done, and humbly repent for doing so. Let us not try to lessen our guilt by making it appear that we simply mis-spoke or made a mistake in order to avoid having to repent.

“Suffer not thy mouth to cause thy flesh to sin; neither say thou before the angel, that it was an error: wherefore should God be angry at thy voice, and destroy the work of thine hands?” Ecclesiastes 5:6.

“Either make the tree good, and his fruit good; or else make the tree corrupt, and his fruit corrupt: for the tree is known by his fruit....for **out of the abundance of the heart the mouth speaketh**. A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things. But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment. For **by thy words thou shalt be justified, and by thy words thou shalt be condemned.**” Matthew 12:33-37.

4 What are some practical ways in which we can exercise control over the emotion of the wrong selfish kind of anger?

“He that is **slow to anger is better than the mighty;** and he that **ruleth his spirit than he that taketh a city.**” Proverbs 16:32.

“Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For **the wrath of man worketh not the righteousness of God.**” James 1:19-20.

“Bless them which persecute you: bless, and curse not.” Romans 12:14.

If we will do these things then we can indeed become perfect!

“If any man offend not in word, **the same is a perfect man, and able also to bridle the whole body.**” James 3:2.

5 But if we will not do these things, then selfish anger will definitely control our mind and body, and we will find ourselves speaking hot and fiery words that will indeed cause all kinds of problems!

“Behold, we put bits in the horses' mouths, that they may obey us; and we turn about their whole body. Behold also the ships, which though they be so great, and are driven of fierce winds, yet are they turned about with a very small helm, whithersoever the governor listeth. Even so **the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!** And the tongue is a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell....But the tongue can no man tame (without God's divine power); it is an unruly evil, full of deadly poison. Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God. **Out of the same mouth proceedeth blessing and cursing.** My brethren, these things ought not so to be. Doth a fountain send forth at the same place sweet water and bitter? Can the fig tree, my brethren, bear olive berries? either a vine, figs? so can no fountain both yield salt water and fresh. Who is a wise man and endued with knowledge among you? let him show out of a good conversation his works with meekness of wisdom.” James 3:3-6, 8-13.

6 For those who have problems with speaking angry words, then how can you curb, control, rule over and cleanse this intense emotion, so that you can indeed accustom yourself to following God's word in being slow to anger, slow to speak, and then only speaking words of blessing and not cursing to those who make you mad?

“And I say unto you, Ask, and it shall be given you...For every one that asketh receiveth...[and] **your heavenly Father [will] give the Holy Spirit to them that ask him?**” Luke 11:9-13.

“...the Holy Ghost, **whom God hath given to them that obey him.**” Acts 5:32.

“God resisteth the proud, but giveth grace unto the humble. **Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded....**Humble yourselves in the sight of the Lord, and he shall lift you up.” James 4:6-8, 10.

This means that when you first feel the emotion of anger rising up in your soul, recognize what is occurring and do not allow it to control your mind and then your body. Instead humbly and quickly send a prayer to God asking Him to send you the Holy Spirit with the right amount of divine grace and strength that you need to resist this emotion. Then submit yourself to do the will of God and not your own desire, and actively resist this emotion of anger in faith by refusing to allow it to be manifested in your words or actions. Keep your mouth shut and do not speak at all until this emotion is no longer riled up in you. In doing these things, you are actively working in co-partnership with God in cleansing and purifying your soul in this particular area, and together you will gain a precious victory over your anger, thus cleansing your soul more in this process of sanctification!

These simple steps were:

#1 - Recognize that you are getting angry.

#2 - Pray a humbly and quick prayer to God for help.

#3 - Submit yourself to follow God and to obey His word.

#4 - Resist the inner urges towards allowing the anger to be manifested by using in faith God's divine strength and grace to instead overcome it.

Recognize, Pray, Submit, Resist (RPSR).

These simple RPSR steps will enable you to overcome your anger, and gain the victory through Christ which strengthened you to do it!