

Anger

Anger is "an emotional state that varies in intensity from mild irritation to intense fury and rage. Anger is accompanied by physiological and biological changes. When we get angry, our heart rate and blood pressure increases, as do the levels of our energy hormones, adrenaline, and noradrenaline. Anger can be triggered by a person or an event (traffic jam, canceled flight); or the anger may be caused by worrying or brooding about personal problems. Managing anger is an important life skill. Christian counselors report that 50 percent of people who come in for counseling, have problems addressing their anger. Anger can shatter communication and tear apart relationships; and ruin both the joy and health of many. Sadly, people tend to justify their anger instead of accepting responsibility for it. Everyone struggles, to varying degrees, with anger. Thankfully, God's Word contains principles regarding how to manage anger in a godly way; and how to overcome sinful anger.

Anger is not always sin. There is a form of anger of which the Bible approves, often called "righteous indignation." God is angry (Psalm 7:11; Mark 3:5), and believers are commanded to be angry (Ephesians 4:26). Anger becomes sin when it is allowed to boil over without restraint, resulting in a scenario in which hurt is multiplied (Proverbs 29:11), leaving devastation in its wake. Often, the consequences of out-of-control anger are irreparable. Anger also becomes sin when the angry individual refuses to be pacified, holds a grudge, or keeps it all inside (Ephesians 4:26-27). This can cause depression and irritability over small matters which are often unrelated to the underlying problem.

We can address anger biblically by *seeing God* in the trial. This is especially important when people have done something to offend us. James 1:2-4, Romans 8:28-29, and Genesis 50:20 all point to the fact that *God is sovereign* over every circumstance and person that crosses our path. Nothing happens to us that He does not cause or allow. Though God does allow bad things to happen, He is always faithful to redeem them for the good of His people. *God is a good God* (Psalm 145:8, 9, 17). Reflecting on this truth, until it moves from our heads to our hearts, will alter how we react to those who hurt us.

If you are struggling with anger and need to speak with someone, please email care@cascadeumc.org. If you are feeling anxious and need to share your thoughts immediately, contact the church office at (404) 691-5770 during office hours. After 6:00 p.m. and on weekends, contact our on-call Pastor at (404) 313-4225.