Question: I am a Christian, but I get very angry a lot. What can I do to control my anger?

Answer: Anger is a natural human emotion, but it can be either constructive or destructive. The Bible shows us two kinds of anger:

1. Positive (Righteous) Anger

This anger is motivated by love, justice, and the desire to do what is right. It is never sinful because it reflects God’s heart. Jesus demonstrated this when He healed on the Sabbath despite opposition and when He cleared the temple of corrupt merchants.

- Mark 3:1-5
  “Jesus looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, ‘Stretch out your hand.’ He stretched it out, and his hand was completely restored.”

- Mark 11:15-18
  Jesus cleared the temple, showing righteous anger against corruption.

God’s anger toward His people is also for correction, not destruction, aimed at restoration (Jeremiah 29:11).

### 2. Negative (Sinful) Anger

This anger comes from sin—jealousy, pride, bitterness, and selfishness—and leads to harm, division, and sometimes violence. Examples include Cain killing Abel (Genesis 4), the older brother’s resentment in the prodigal son story (Luke 15:28), and Jonah’s bitterness over God’s mercy (Jonah 4:9-11).

- James 1:20
  “Human anger does not produce the righteousness that God desires.”
  This verse reminds us that sinful anger does not align with God’s will.

### Why Do We Get Angry?

Anger can arise from being insulted, ignored, betrayed, or treated unfairly. While anger itself is not a sin, how we respond to it can be. The Bible calls us to control our anger and not let it lead us into sin.

Practical Steps to Control Anger

1. Be Slow to Speak and Slow to Anger

- James 1:19: “Everyone should be quick to listen, slow to speak and slow to become angry.”
  Anger often causes us to speak or act impulsively. Patience is a fruit of the Spirit (Galatians 5:22) and helps us respond wisely.

2. Practice Forgiveness

- Luke 6:36-37: “Be merciful, just as your Father is merciful... Forgive, and you will be forgiven.”
  Forgiveness releases bitterness and reflects God’s mercy.

3. Immerse Yourself in God’s Word

- Psalm 1:2-3: “But whose delight is in the law of the LORD, and who meditates on his law day and night.”
  The Word of God shapes our character, teaching humility, patience, and love—key to managing anger.

4. Pray for Strength and Peace

- Philippians 4:6-7: “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God… will guard your hearts and minds.”
  Prayer invites God’s peace, helping us overcome anger.

5. Count Your Blessings

- 1 Thessalonians 5:18: “Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”
  Gratitude shifts focus away from offense toward God’s goodness.

6. Cultivate Humility

- Philippians 2:3-4: “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.”
  Humility helps us recognize our own faults and reduces prideful anger.

7. Remember People Often Don’t Understand Their Actions

- Jesus said on the cross:

Luke 23:34: “Father, forgive them, for they do not know what they are doing.”
Recognizing ignorance in others helps us respond with grace instead of angels.

Anger itself is not sin, but how we handle it matters deeply. Scripture teaches us to be patient, forgiving, humble, and loving, reflecting Christ’s character. By relying on God’s Word, prayer, and the Holy Spirit, we can control our anger and respond in ways that honor God.

May God bless and strengthen you on this journey.

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