

Some meditations on anger

Joy! Church, 5/22/2022

A couple quotes from humans:

"Of the Seven Deadly Sins, anger is possibly the most fun. To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontations still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back—in many ways it is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you." ~ Frederick Buechner

"Remember, that there is a real chance the person who is pushing your big red button is under the influence of fear, pain, and anger and may not be ready to manage themselves well in conversation. What are you going to do?!" ~ Danny Silk

And several from God through humans (ESV):

Matthew 5:21-24, Jesus speaking: You have heard that it was said to those of old, 'You shall not murder; and whoever murders will be liable to judgment.' 22 But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire. 23 So if you are offering your gift at the altar and there remember that your brother has something against you, 24 leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.

Matthew 5:43-45, Jesus speaking: 43 "You have heard that it was said, 'You shall love your neighbor and hate your enemy.' 44 But I say to you, Love your enemies and pray for those who persecute you, 45 so that you may be sons of your Father who is in heaven. For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust.

Matthew 7:1-5, Jesus speaking: "Judge not, that you be not judged. 2 For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. 3 Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? 4 Or how can you say to your brother, 'Let me take the speck out of your eye,' when there is the log in your own eye? 5 You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.

Ephesians 4:26-32: Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil. 28 Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. 29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

James 1:19-20: Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; 20 for the anger of man does not produce the righteousness of God.

Proverbs 29:11: A fool gives full vent to his spirit, but a wise man quietly holds it back. (All of Proverbs 29 is profitable)

Ecclesiastes 7:9: Be not quick in your spirit to become angry, for anger lodges in the heart of fools. (All of Ecclesiastes is profitable)

Proverbs 15:1: A soft answer turns away wrath, but a harsh word stirs up anger.

Proverbs 15:18: A hot-tempered [person] stirs up strife, but s/he who is slow to anger quiets contention.

Colossians 3:8, (PLEASE ☺ read 3:1-17 to get the best from this): But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.

James 4:1-3: What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? 2 You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask. 3 You ask and do not receive, because you ask wrongly, to spend it on your passions.

Proverbs 22:24-25: Make no friendship with a man given to anger, nor go with a wrathful man, lest you learn his ways and entangle yourself in a snare. (But, if healed and freed yourself, help that man to become healed and freed)

Psalms 37:7-8: Be still before the LORD and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices! 8 Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil.

Proverbs 14:29: Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.

Romans 12:14-19: Bless those who persecute you; bless and do not curse them. 15 Rejoice with those who rejoice, weep with those who weep. 16 Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight. 17 Repay no one evil for evil, but give thought to do what is honorable in the sight of all. 18 If possible, so far as it depends on you, live peaceably with all. 19 Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord."

My own thoughts, or thoughts Holy Spirit prompted: