

Captive's Corner



"Bringing every thought into captivity to the obedience of Christ"

2 Corinthians 10:5

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Anger

Anger in itself is not bad. Our Lord got angry with the money changers in the temple. He was very concerned about His Father's honor. Seldom, however, is our anger righteous. Usually it is a result of someone crossing us or of things not being the way we want them to be. We all get angry. The key is to realize what to do with our anger. Jesus gives us some important teachings on this subject. You can read through the New Testament and find a

lot of help. I would like to show you a few truths our Lord has taught me regarding anger.

First of all, we all get angry, and usually our anger results in unrighteous talk or behavior. Therefore, we need to learn to be slow to speak and to be slow to anger - James 1:19-20. Secondly,

Remember that love is what our walk with God is all about. Love is patient (suffers long, i.e. when provoked is not quick to retaliate). Jesus exemplified this in His suffering and death.

we are responsible for the way we allow our anger to be displayed. To lash out (vent) or to clam up (internalize) are both wrong responses. Rather, we are to direct the energy of our anger toward solving the problem that caused the anger to arise. To do this we do not attack people but rather approach them in love with rebuke or correction if necessary, but always with a purpose of solving the problem or allowing the Lord to control the situation. It is important to do this immediately - Ephesians 4:26-27. Further, we are to allow God's Spirit to direct us as

Him thanks in everything – 1 Thessalonians 5:18. Once you stop being frustrated because you feel you must control others or your environment and rest your soul that God is in control of all, it is much easier to accept the wrongs that others do to you or the circumstances that "appear" to you as being adverse. Furthermore, remember that love is what our walk with God is all about. Love is patient (suffers long, that is, when provoked is not quick to retaliate). Jesus showed this aspect of love so well as he took the abuse of his creation and died on the cross for us when we were in the very act of sinning against Him. Wow! If we keep Him and His example in our thoughts, our words and

behavior will change! Finally, read and consider Galatians 5:16-26. This passage is very instructive. Also, consider Ephesians 6:10-12. It helps to know who the real enemy of your soul is.

I hope these thoughts will be of help to you. A good reading through the book of Proverbs should also help you a great deal. Remember that we are not told to obey our feelings but our Lord. Learn the difference, and you will be a free man in Christ - John 8:30-36.

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