

Conquering The Anger of Man

Anger! The very word sounds evil. Anger is the bane of man and follows the failure of negotiation. Anger is often the root cause of breakdowns in relationships – far more than the situation over which someone is angry.

Expression of anger is an outpouring of frustration that often roadblocks the very answers for which we search. Anger exacerbates the actual problem and exasperates both people involved. Anger vexes the spirit and can even kill the desire to solve the problem being discussed. In fact, anger encourages the opposite – rather than solve the problem, anger goads normal people to become combatants and that leads to revenge and counter-attacks rather than forgiveness and resolution.

No wonder God has a lot to say about anger. James, the brother of Jesus, was inspired to write:

This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God. (James 1:19-20).

The next verse defines anger as a type of “filthiness” and “wickedness” that must be dealt with through personal humility in receiving “the word implanted which is able to save your souls.” Obviously there is a lot at stake when anger reigns.

Proverbs 19:19 speaks to the very personal aspect of handling anger. The control must come from the person beset by the anger. Others cannot somehow reach into his or her psyche and yank out anger. Solomon wrote:

A man of great anger will bear the penalty, For if you rescue him, you will only have to do it again. (Proverbs 19:19)

When we remember that God never gave man any commandment that he cannot accomplish, we must realize that the ability to conquer anger is, indeed within our grasp. The nine items of the fruit of the spirit are, I believe, the quintessential tools that give us that power. Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22-23).

When we abide in God’s word (John 15:7) our prayers become part and parcel of the power to overcome anger. We rely on God for strength and wisdom, then dig deep inside ourselves to make personal use of those two things. When abiding in God’s word is accompanied with strength, wisdom and the fruit which the spirit supplies, you are equipped to conquer anger like conquering a military enemy.

Remember to use the spiritual/military equipment of Ephesians 6:10-20 and you will be well on your way to conquering the anger of man!

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