

# Manage Uncontrolled Anger with Spiritual Tools



**Graham F. Watts, Sr.**

**VISION:** To hear the midnight cry, “The bridegroom comes, go out to meet Him” (Matthew 25:6) and become like Him when I see Him as He is (1 John 3:2).

**MISSION:** Purify myself even as Christ is pure (1 John 3:3), to be glad, to rejoice, give honor to Christ and be ready for the marriage of the Lamb (Revelation 19:7).

**VALUES:** Follow the Lamb wherever He goes (Revelation 14:4), be without fault before God (Revelation 14:5), be perfect even as my Father in heaven is perfect (Matthew 5:48), wear the Lamb’s fine, clean and white linen (Revelation 19:8) do righteously (1 John 3:10) and walk humbly with God (Micah 6:8).

**OVERALL AIM:** Studies presented here unveil Bible knowledge to inquiring minds to prompt the following inquiries: “Are our feet on the rock of ages? Are we one with Christ as He is one with the Father” (John 10:30 in Evangelism, {Ev} 199.1)? Am I crucified with Christ (Galatians 2:20)?

## 26 PURPOSE/REASON FOR/WHY

27  
 28 The focus here is on management of anger, an emotion triggered by  
 29 unpleasant thoughts or feelings from real or perceived injustices or  
 30 threats.

31  
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## 33 OBJECTIVES/WHAT WE WANT TO ACCOMPLISH

34  
 35 At the end of this study, the reader is equipped to self-assess his/her  
 36 typical use of personal anger and determine the need for self-control.

37  
 38

## 39 SIGNIFICANCE: SO WHAT

40  
 41 “Beloved, I wish above all things that [you] prosper and be in health,  
 42 even as [your] soul prospers” (3 John 1:2). So “**Be not hasty** in [your]  
 43 spirit **to be angry** for anger [rests] in the bosom of fools” (Ecclesiastes  
 44 7:9); “He that is **slow to anger** is better than the mighty; and he that  
 45 [rules] his spirit than he that [takes] a city” (Proverbs 16:32). “**Be**  
 46 **angry and sin not**; let not the sun go down upon your wrath” (Ephesians  
 47 4:26). Therefore, controlled anger differs from uncontrolled anger.  
 48 The biochemical response of the body as described in Selye’s General  
 49 Adaptation Syndrome [GAS] should convince you that uncontrolled anger  
 50 is an unhealthy behavior and it will be a positive benefit to you to  
 51 develop anger management skills ([http://www.holisticonline.com/stress/stress\\_GAS.htm](http://www.holisticonline.com/stress/stress_GAS.htm)).

52  
 53 GAS is conceived as a three stage process. The short-term boost of  
 54 energy it provides in a crisis is helpful for responding to personal  
 55 safety and security needs. However, if this survival response  
 56 mechanism is overused, harmful consequences follow. We now turn  
 57 attention to a discussion of the stage specific consequences: some  
 58 good; others, not so good.

59 Alarm reaction is the first GAS stage. The pancreas releases  
60 adrenaline so that the heart can beat faster; the lungs process more  
61 air to support increased respiration and the pupils dilate to focus  
62 vision. The mobilization of these internal resources prompts action.

63  
64 Resistance or adaptation is the second GAS stage that protects the body  
65 when stressors linger. Corticosteroid hormones from the cortex of the  
66 adrenal gland atop the kidney has a glucocorticoid effect—i.e.,  
67 maintain normal levels of sugar in the blood and support recovery from  
68 injury and stress. However, the liver is unable to sustain glucose  
69 production in a drawn out crisis; therefore, overuse of the  
70 resistance/adaptation stage ends in fatigue, concentration lapses,  
71 irritability and lethargy.

72  
73 Exhaustion is the third GAS stage. The body files Chapter 13 energy  
74 and immunity bankruptcy. As the adrenals become depleted, blood  
75 glucose decrease, which reduces stress tolerance, causing progressive  
76 mental and physical exhaustion, increasing susceptibility to illnesses.

77  
78 Are you able to cognitively (thoughts), affectively (feelings) and  
79 behaviorally (actions) manage anger so that it is only a mild  
80 irritation, thus utilizing only the body's alarm reaction, or does your  
81 anger frequently escalate to uncontrolled rage of long duration that  
82 sends the body in "The Crisis is Not Over State," which signals the  
83 hypothalamus to command cortisol from the adrenals? Overproduction of  
84 cortisol exhausts the body's stress mechanism, causing fatigue;  
85 disrupts serotonin activity, causing depression; increases interleukin-  
86 6, an immune system suppressor that suppresses allergic reactions and  
87 immune system activity ([http://www.herbs2000.com/medica/3\\_hormon.htm](http://www.herbs2000.com/medica/3_hormon.htm)),  
88 rendering the body more susceptible to infections and chronic diseases  
89 such as cancer. Truly, "...Man's anger does not bring about the  
90 righteous life that God desires (James 1:20, NIV).

91 **BACKGROUND CONTEXT**

92

93 **Uncontrolled anger has a long history.** The **dragon** is angry and he  
 94 persecutes the Church (Revelation 12:17). Angry **Cain** slew Abel  
 95 (Genesis 4:8-9). Angry **Esau** planned Jacob's murder (Genesis 27:41).  
 96 Angry **Balaam** smote the ass he rode (Numbers 22:27). Angry **Balak** was  
 97 unhappy with Balaam's blessing of Israel (Numbers 24:10). Angry **Eliab**  
 98 was jealous of David's bravery (1 Samuel 17:24-29). Angry **Saul**  
 99 insulted Jonathan (1 Samuel 20:30). Angry **David** wanted revenge on the  
 100 man of Nathan's story (2 Samuel 12:5). "**Eli's sons**, [who] knew not the  
 101 Lord," took by force the best portion of the Lord's sacrifice if the  
 102 worshippers obeyed God instead of their evil request (1 Samuel 2:12-17  
 103 & 27-29). An angry **King Ahasuerus** gave Queen Vashti's royal estate  
 104 away because she did not model at his royal party (Ester 1:1-19).  
 105 **Israel's men of valor** were greatly upset with Judah's commanders  
 106 because King Amaziah prohibited their alliance (2 Chronicles 25:1-10).  
 107 **Ten disciples** of Jesus resented James and John for desiring the highest  
 108 place in their Master's kingdom (Matthew 20:20-24). "...Members of the  
 109 **Synagogue of the Freedmen**—Jews [from] Cyrene, Alexandria..., Cilicia and  
 110 Asia"—set up Stephen's wrongful arrest; had him delivered to the  
 111 **Sanhedrin** (Acts 6:8-14), an ecclesiastical body that angrily rejected  
 112 Stephens' discussion of their treatment of Christ and His prophets;  
 113 therefore, they gnashed their teeth, yelled, dragged and stoned Stephen  
 114 (Acts 7:1 & 51-57). People need help with anger.

115

116 "Those who are appointed to guard the spiritual interests of the church  
 117 should... [give] no occasion for envy, jealousy or suspicion. **...Let every**  
 118 **manifestation of animosity or unkindness be checked;** let every root of  
 119 bitterness be removed. When trouble arises between brethren, the  
 120 Savior's rule [of Matthew 18:15-16] should be strictly followed. **All**  
 121 **possible effort should be made to effect a reconciliation (see Romans**  
 122 **12:18);** but if the parties stubbornly persist in remaining at variance,  
 123 they should be suspended till they can harmonize" (Matthew 18:17 in  
 124 Testimonies for the Church, Vol. Five, {5T} 241.2). This background  
 125 provided the impetus for the study question that follows.

126 **STUDY QUESTION**

127  
 128 What spiritual tools are available to help with anger management as  
 129 discussed in Ephesians 4:31?

131 **ANSWER SOURCE: HOLY BIBLE**

132  
 133 1. **Manage your anger by remembering your high calling.** "...God was in  
 134 Christ, reconciling the world unto Himself, not imputing their  
 135 trespasses unto them and [has] **committed unto us the word of**  
 136 **reconciliation**" (2 Corinthians 5:19). We have the role of  
 137 reconciliation because we "...Are a chosen generation, a royal  
 138 priesthood, a holy nation, a peculiar people that [we] should  
 139 [reveal] the praises of [God] who [has] call [us] out of darkness  
 140 into His marvelous light" (1 Peter 2:9). "Now then, we are  
 141 ambassadors for Christ..." (2 Corinthians 5:20). Therefore, when  
 142 experiencing real or perceived threats, **"...Even as God for Christ's sake [has]**  
 143 **forgiven [us, let us deploy NON-ANGRY EMOTIONS and]; ...be kind one to another,**  
 144 **tenderhearted and forgiving..."** (Ephesians 4:32). "...As far as it  
 145 depends on you, live at peace with everyone" (Romans 12:18 NIV) for  
 146 "Blessed are the peacemakers; they shall be called the children of  
 147 God" (Matthew 5:9). "[We have been raised up] with Christ [to] seek  
 148 those things which are above, where Christ [sits] on the right hand  
 149 of God" (Colossians 3:1); therefore, "Set your affections on things  
 150 above, not on things on the earth" (Colossians 3:2). From this  
 151 perspective, "...Every man [of Genesis 5:2 can] be swift to hear, slow  
 152 to speak [and] slow to wrath" (James 1:19). Although awareness of  
 153 our high calling helps with anger management, additional resources  
 154 are available to assure success.  
 155

156 2. **Manage your anger by shifting negative feelings unto Christ.** When  
 157 real or perceived threats emerge and you think they are capable of  
 158 causing your ruin, remember that "...With us is the Lord our God to  
 159 help us and to fight our battles" (2 Chronicles 32:8). Thus, "Cast  
 160 all your care upon Him; for He cares for you" (1 Peter 5:7). If we  
 161 treat uncontrolled anger as a burden and give it to the Lord, in  
 162 turn, He will give us rest (Matthew 11:28). For "God is our refuge  
 163 and strength, a present help in trouble; therefore will not we fear,  
 164 though the earth be removed, though the mountains be carried into the  
 165 midst of the sea, though the waters roar and be troubled, though the  
 166 mountains shake with the swelling thereof" (Psalms 46:1-3). "The  
 167 Lord is [our] rock, fortress and deliverer... in whom [we] take refuge,  
 168 [our] shield and the horn of [our] salvation" (2 Samuel 22:2-3 NIV).  
 169 "...Never will [He] leave... [or] ...forsake [His own]" (Hebrews 13:5 NIV &  
 170 Deuteronomy 31:8). God fought against Israel's enemy in the Red Sea  
 171 (Exodus 14:23-25); He will fight them that war against [us] (read  
 172 Exodus 14:14; Deuteronomy 1:30 & 20:4; 2 Chronicles 20:17; Isaiah  
 173 31:4; Jeremiah 1:19 & 15:20). "No weapon formed against [us] shall  
 174 prosper..." (Isaiah 54:17), so take solace in His rest, put away anger  
 175 (Ephesians 4:31) "And let the peace of God... [fill your] heart, to  
 176 which also [we] are called..." (Colossians 3:15)! Although we can  
 177 transfer negative feelings unto Christ if and when they resurrect,  
 178 the next paragraph discusses leaving negative feelings in the grave.

179  
 180  
 181 3. **Manage unholy anger by NOT exhuming the former, unconverted**  
 182 **personality.** "...We are buried with Him by baptism into death that... as  
 183 Christ was raised... from the dead by the glory of the Father, even so  
 184 we also **walk in newness of life**" (Romans 6:4). "...In times past, [we] walked  
 185 according to the course of this world, according to the prince of the  
 186 power of the air... [and] had our conversation [a.k.a., lifestyle] in...  
 187 the lust of our flesh, fulfilling the desires of the flesh and of the  
 188 mind and were by nature the children of wrath..." (Ephesians 2:2-3).

189 But now "...[We] are risen with [Christ] through the faith of the operation of God..."  
 190 (Colossians 2:12). Therefore, as a **new creature in Christ**, the old, un-  
 191 Christlike ways of aggression have passed away for new values,  
 192 interests, needs, attitudes, aptitudes, capabilities and skills  
 193 (VINACS) implied in 2 Corinthians 5:17 "[because **we] are dead and our life is**  
 194 **hid with Christ in God"** (Colossians 3:3). In this new existence, "The love  
 195 of Christ constrains us..." (2 Corinthians 5:14). Let us not be "As a  
 196 dog [that] returns to his vomit [or as] a fool [who] returns to his  
 197 folly" (Proverbs 26:11). "Stand fast... in the liberty wherewith  
 198 Christ has made [you] free and be not entangled again with the yoke  
 199 of bondage [of uncontrolled, unholy anger]" (Galatians 5:1). The  
 200 decision to not exhume the old personality involves a conscious  
 201 decision to release the self will, which is discussed next.

202  
 203 4. **Manage uncontrolled anger by releasing the will to God.** "...[We are]  
 204 the temple of the Holy Ghost, [who lives in us], which [we] have of  
 205 God; [we] **are not [our] own"** (1 Corinthians 6:19). "...The life which [we]  
 206 now live in the flesh [we] ...live by... faith of the Son of God who  
 207 loves [us] and gave Himself for [us]" (Galatians 2:20). "...We [who]  
 208 live are always delivered unto death for Jesus' sake that **the life of Jesus**  
 209 **might be made manifest in our mortal flesh"** (2 Corinthians 4:11), **thus we can choose**  
 210 **to "...NO longer live the rest of [our] time in the flesh to the lusts of men but to the will of God"**  
 211 (1 Peter 4:2). "Dearly beloved, avenge not yourselves..." (Romans  
 212 12:19). "**Now the God of hope fill you with all joy and peace... through the power of the**  
 213 **Holy Ghost"** (Romans 15:13). "[The] grace... and peace from God our  
 214 Father and from the Lord Jesus Christ" (Philippians 1:2) that  
 215 "...Passes all understanding... keep your hearts and minds through Christ  
 216 Jesus" (Philippians 4:7). Therefore, shower your adversaries with  
 217 kindness (Romans 12:20) and stifle (a.k.a., mortify or put to death)  
 218 traits or qualities that do not glorify God and allow "The word of  
 219 Christ [to] dwell in you richly in all wisdom..." (Colossians 3:16).

220 5. **Manage your anger by seeking first God's counsel through secret or**  
 221 **private prayer.** The context of the examples that follows illustrate  
 222 the principle of acknowledging God in all our ways so that we receive  
 223 His counsel before we give feedback to others or speak unadvisedly  
 224 (read Proverbs 3:5-6). Before Nehemiah responded to Artaxerxes  
 225 question, he "...Prayed to the God of heaven..." (Nehemiah 2:4-5).  
 226 Before Daniel disclosed Nebuchadnezzar's dream and its meaning, he  
 227 and his prayer group prayed to the God of heaven (Daniel 2:16-25).  
 228 Before Jesus entered upon His daily tasks on earth, He prayed to the  
 229 God of heaven (Mark 1:35). Through prayer, "[God] will keep [us] in  
 230 perfect peace, whose mind is stayed on [God]..." (Isaiah 26:3) "...And  
 231 where the Spirit of the Lord is, there is liberty" (2 Corinthians  
 232 3:17), liberty from irrational thoughts, faulty beliefs and  
 233 protectionist attitudes of revenge that set the stage for aggression  
 234 and taking action to harm others. Liberty prevails where the Spirit  
 235 of God lives because the Holy Spirit imparts the fruit of temperance,  
 236 a.k.a. self-control (Galatians 5:23), which not only empowers us to  
 237 bear "The fruit of righteousness, [which] is sown in peace of them  
 238 that make peace" (James 3:18), but also receive divine protection  
 239 from beasts as God confirms His covenant of peace with us (Ezekiel  
 240 34:25). The carryover effects of an effectual prayer life follow.

241  
 242  
 243 6. **Manage your anger by choosing to remain alive in Christ** (John 15:4  
 244 NIV). "...I have set before you life and death, blessing and cursing;  
 245 therefore choose life that... [you and your offspring] may live"  
 246 (Deuteronomy 30:19). "...Brethren, we are debtors, not to the flesh  
 247 [but] to... [the Holy Spirit], [through whom we] mortify the deeds of  
 248 the body..." (Romans 8:12-13), bringing it into subjection by dying  
 249 daily to the spirit of wrath and other thoughts, feelings and  
 250 behaviors that do not give honor and glory to God (1 Corinthians 9:27  
 251 & 15:31) or testify of our redemption (read 2 Timothy 2:24-25).

252 You know that "...Man's anger does not bring about the righteous life  
 253 that God desires (James 1:20, NIV); therefore, **remaining alive in**  
 254 **Christ by yielding our will to Him, God works in us both to will and**  
 255 **to do of His good pleasure** (Philippians 2:13). Then we can copy  
 256 Christ's example, "Who when He was reviled, reviled not again; when  
 257 He suffered, He threatened not, but committed himself to Him that  
 258 judges righteously" (1 Peter 2:23). "...**The servant of the Lord must**  
 259 **not strive; but be gentle unto all men [of Genesis 5:2], apt to**  
 260 **teach, patient**" (2 Timothy 2:24); "Therefore if [your] enemy [is]  
 261 hungry, feed him; if he thirsty, give him drink..." (Romans 12:20).  
 262 **Cease from anger; we are not required to defend ourselves for God is**  
 263 **our defense** (read Exodus 23:20-21; 33:2; Psalms 91:11 or Luke 4:10).  
 264 It may look like others are taking advantage of us but remember God's  
 265 promises—"...Whatsoever a man sows that shall he also reap" (Galatians  
 266 6:7) and to assure this outcome, God promises to reward every person  
 267 according to the deeds done in this life (Revelation 22:12). Dearly  
 268 beloved, **it is safe to let go of unholy, uncontrolled anger; "...Avenge**  
 269 **not yourselves, but rather give place unto wrath, for it is written,**  
 270 **'Vengeance is mine; I will repay, [says] the Lord'**" (Romans 12:9).

271

## 272 ANSWER SOURCE: SACRED WRITINGS:

273

274 We are pursuing answers to the question: What spiritual tools are  
 275 available to help with anger management as discussed in Ephesians 4:31?  
 276 More answers follow!

277

278 1. **Very early in your Christian life, purchase and wear internal jewelry**  
 279 **that decorates your spirit, a.k.a., attitude.** "Everyone who names  
 280 the name of Christ is to **adorn... a well-ordered life and a godly conversation, even the**  
 281 **ornament of a meek and quiet spirit...**" (1 Peter 3:3-4 in Our High Calling,  
 282 {OHC} 274.2). "If we wear a meek and quiet spirit, we bear the sign

283 of our discipleship with Christ [because ‘...According to the riches of  
 284 {God’s} glory, {we are} strengthened with might by His Spirit in the  
 285 inner {person} (Ephesians 3:16).’ [Thus], we are esteemed by the  
 286 Most High; for the ornament we wear is in His sight of great price.  
 287 This precious gem, [the meek and quiet spirit], is to be sought  
 288 [out]...” (OHC 274.3) [as part of the upward climb on Peter’s ladder (2  
 289 Peter 1:6). **“The largest share of life’s annoyances, its heartaches [and] its irritations is  
 290 due to uncontrolled temper”** (Reflecting Christ, {RC} 292.8). **“To every soul,  
 291 things will come to provoke [and] to stir up anger and *if you are not under*  
 292 *the FULL control of God, you will be provoked.... But the MEEKNESS OF CHRIST calms the*  
 293 *ruffled spirit, controls the tongue and brings the whole being into subjection to God.*** Thus we  
 294 learn how to bear with... censure...” (OHC 274.4) while **“Keeping our  
 295 hearts pure, sweet and sympathetic”** (RC 292.9). This call to  
 296 possession of a heart that is pure, sweet and sympathetic fits  
 297 beautifully with Paul’s statement in Philippians 3:14—**“I press toward  
 298 the mark for the prize of the high calling of God in Christ Jesus.”**  
 299 A description of how the meekness of Christ works in us follows.

300

301 2. **Choose *uncomplaining, patient silence* when anger is being resurrected.** **“...The**  
 302 **spirits of the prophets are subject to the prophets”** (1 Corinthians  
 303 14:32). More importantly, **“The God of peace** that brought again from the  
 304 dead our Lord Jesus, that great shepherd of the sheep, through the  
 305 blood of the everlasting covenant, ***make you perfect in every good work to do His*  
 306 *will, working in you that which is well pleasing in His sight,*** through Jesus Christ...”  
 307 (Hebrews 13:20-21 & Philippians 2:13). Therefore, **“Utter no word; [for]  
 308 danger lies in the utterance of a single word when you are angry, for a volley of passionate  
 309 utterances will follow..., [which] ...permits Satan to take the helm and guide [you] wherever he  
 310 pleases.** The door is then thrown open to malice, to envy and to evil  
 311 surmising...” (OHC 235.5). **“[Moses bore] Miriam and Aaron’s accusations... in  
 312 uncomplaining silence. It was the experience gained during the years of toil and waiting in  
 313 Midian [that developed] the spirit of humility and long-suffering, ...[which] prepared Moses to**

314 meet with patience the unbelief and murmuring of the people and the pride and envy of those  
 315 who should have been his unswerving helpers” (Conflict and Courage, {CC} 105.2). “Be  
 316 diligent that you may be found of him in peace...” (2 Peter 3:14); ...not in [your] own  
 317 natural ability, but through the grace given [you by] Jesus Christ [for you “...Can do all things  
 318 through Christ...” (Philippians 4:13)]. [So then], Let us wrestle for the  
 319 mastery over every sin and be able to [subdue] every impatient,  
 320 fretful expression” (OHC 235.6). **“It is God's purpose that the  
 321 kingly power of sanctified reason, controlled by divine grace, shall  
 322 bear sway in the lives of human beings.** S/he who rules [the] spirit  
 323 is in possession of [that kingly] power” (RC 292.5), which is  
 324 necessary in those situations where you must speak, as did Gideon,  
 325 when he was accused of favoritism. A discussion of Gideon’s skillful  
 326 handling of the matter is discussed next.

327  
 328 3. **Keep your mind under the control of divine grace as did “...Gideon...**  
 329 [who skillfully diffused sharp criticism]” (RC 331.6). Judges 7:1 to  
 330 8:3 reveals how the men of Ephraim allowed jealousy and anger to  
 331 sully Israel’s triumph over the coalition of Midianites, Amalekites  
 332 and other eastern peoples (Judges 6:33 NIV), despite their role in  
 333 the theatre of warfare and the trophies of victory they won--...The  
 334 heads of [the Midianite leaders], Oreb and Zeeb” (Judges 7:25 NIV).  
 335 When Gideon faced Ephraim’s accusation: **“Why didn’t you call us when  
 336 you went to fight Midian?”** (Judges 8:1 NIV, 7:24, 6:34-35, 7:5-7), he  
 337 modestly replied: **“‘What have I accomplished compared to you? Aren’t  
 338 the gleanings of Ephraim’s grapes better than the full grape harvest  
 339 of Abiezer? God gave Oreb and Zeeb, the Midianite leaders, into your  
 340 hands.’** At this, their resentment [abated]” (Judges 8:2-3 NIV). **“A  
 341 soft answer [diffuses] wrath...”** (Proverbs 15:1). **“[If we ask], The  
 342 Lord [will give us] the tongue of the learned that [we will] know how  
 343 to speak a word in season...”** (Isaiah 50:4); how to “Keep [our] heart  
 344 with all diligence...” (Proverbs 4:23) and model behaviors like God  
 345 (read Nehemiah 9:17; Psalms 103:8; Joel 2:13; Jonah 4:2 & Nahum 1:3).

346 SUMMARY OF KEY POINTS: This study examined anger management tools. The  
 347 nine tools are 1) Our high calling, 2) Giving negative feelings to  
 348 Christ in exchange for rest, joy and peace, 3) Not exhuming traits from  
 349 the former, unconverted lifestyle, 4) Releasing the will to God, 5)  
 350 Seeking God's counsel by secret or private prayer, 6) Remaining alive  
 351 in Christ, 7) Purchasing and wearing the ornament of a meek and quiet  
 352 spirit, 8) Choosing uncomplaining, patient silence under provocation  
 353 and 9) Keeping the mind under the control of divine grace. Because it  
 354 is of little redeeming value to engage in Bible study merely for  
 355 information, subsequent paragraphs follow that make a practical  
 356 application of the truths set forth here.

357

### 358 DISCUSSION: WHAT DO THESE THINGS MEAN?

359

360 Like King Amaziah of Jerusalem, church attending people can do what is  
 361 right in the sight of the Lord but not with a perfect heart (read 2  
 362 Chronicles 25:2). Fellow Christian, if you struggle with uncontrolled  
 363 anger, accept responsibility for change and learn new attitudes and  
 364 skills as part of your divine assignment to "...Work out your own  
 365 salvation with fear and trembling" (Philippians 2:12). By following  
 366 Philippians 2:12, we will more fully represent the character of God by  
 367 living and walking in the Holy Spirit (Galatians 5:16).

368

369

### 370 CONCLUSIONS: WHERE DO WE GO FROM HERE?

371

372 It is our privilege to shine as lights in this world (Matthew 5:14 & 1  
 373 Peter 2:9). **"However unjustly we may be treated, let not passion**  
 374 **arise.** By indulging a spirit of retaliation, we injure ourselves; we  
 375 destroy our own confidence in God and grieve the Holy Spirit. There is  
 376 by our side a witness, a heavenly messenger, who will lift up for us a

377 standard against [our enemies] (Isaiah 59:19). [In times of trouble,  
378 our heavenly messenger will hide us in His pavilion, in the secret  
379 place of His tabernacle (Psalms 27:5)]. He will shut us in with the  
380 bright beams of the Sun of Righteousness" (COL 171.3). There is no  
381 excuse for lack of self-control; use the tools God has made available  
382 for anger management and He will give you victory (Psalms 143:9).

383

384 **Christ treats anger as murder.... Passionate words are a savor of death unto death. He who utters**  
385 **them is NOT cooperating with God to save his fellow man.** In heaven this wicked  
386 railing is placed in the same list as common swearing. While hatred is  
387 cherished in the soul there is NOT one iota of the love of God there"  
388 (OHC 235.4). "Christ's indignation, [i.e., righteous anger], was  
389 directed against the hypocrisy, the gross sins, by which men were  
390 destroying their own souls, deceiving the people and dishonoring God.  
391 Keen and searching had been His denunciation of sin, but He spoke **NO**  
392 words of retaliation. He had a holy wrath against the prince of  
393 darkness; but He manifested **NO** irritated temper. **SO THE CHRISTIAN WHO**  
394 **LIVES IN HARMONY WITH GOD, POSSESSING THE SWEET ATTRIBUTES OF LOVE AND**  
395 **MERCY, WILL FEEL A RIGHTEOUS INDIGNATION AGAINST SIN;** but will not be  
396 roused by passion to revile those who revile him [or her]" (The Desire  
397 of Ages, {DA} 619.5). "...Whatsoever a [person] sows, that shall s/he  
398 also reap" (Galatians 6:7). You are a vessel of honor; therefore,  
399 partake and reveal "...The wisdom that is from above, [which] is pure,  
400 peaceable, gentle, easy to be entreated, full of mercy and good works...  
401 and the fruit of righteousness [will be] sown in peace... [by you who]  
402 make peace" (James 3:17-18).

403

404 **CALL TO ACTION: WHAT SHALL WE DO?**

405

406 “The end of all things is at hand...” (1 Peter 4:7) so learn and practice  
407 anger management skills before you confess: “The harvest is past, the  
408 summer is ended and [I am] not saved” (Jeremiah 8:20). “To those who  
409 through the righteousness of our God and Savior Jesus Christ have  
410 received... faith...” (2 Peter 1:1); i.e., are standing on the first round  
411 on Peter’s ladder of advancement toward development of a Christlike  
412 character (2 Peter 1:5-8); actively control your anger by climbing  
413 “...Toward the mark for the prize of the high calling of God in Christ  
414 Jesus” (Philippians 3:14). “...Add... self-control...” to your inventory of  
415 Christlike qualities (2 Peter 1:5-6 NIV) so that you have an  
416 unblemished walk with the Holy Spirit (Galatians 5:16)! Accept no  
417 excuses for lack of self-control (read 2 Timothy 3:3 NIV, Galatians  
418 5:23 & John 1:12). Partake of the Holy Spirit (read Acts 2:38, 3:19 &  
419 8:14-16) and receive power to become slow to anger (Proverbs 16:32) so  
420 that we no longer “Suffer... [our] mouth to cause [our] flesh to sin...”  
421 (Ecclesiastes 5:6).