

THE BELLEVILLE MESSENGER

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What Does The Bible Say About Giving In To Anger?

Ephesians 4:26 says, “In your anger do not sin’: Do not let the sun go down while you are still angry.” In understanding this command, it’s good to differentiate emotions from actions. We all feel emotion. At various times, we feel sadness, grief, frustration, excitement, happiness, and anger. Such feelings come naturally and are not sinful in and of themselves. It is how we act on those emotions that can be sinful. Emotion is internal and not directed against people. Action is external and can be directed positively or negatively toward others.

Here is the context of the verse: “Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ‘In your anger do not sin’: Do not let the sun go down while you are still angry, and do not give the devil a foothold. Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you” (Ephesians 4:25–32).

This passage follows Paul’s teaching about the new nature that we embrace through the Holy Spirit by faith in Jesus Christ (Ephesians 4:17–24). If we become angry for some reason—we experience the involuntary emotion or passion of anger—we are not to allow it to prompt sinful actions. And we do not stay angry. We do not dwell on it. We deal with it quickly, in constructive and God-honoring ways, so it does not grow

stronger and produce bitterness in our lives. The biblical admonition is to deal with the anger on the same day as the provocation. Before we go to sleep that night, we should have taken positive steps to find a solution to the problem and alleviate the anger.

If we fail to deal with anger constructively and we engage in sinful expressions of anger, we give the devil some leverage against us (Ephesians 4:27). The same passage continues to say that we should strive to get rid of all anger and its companion sins: “Get rid of your bitterness, hot tempers, anger, loud quarreling, cursing, and hatred” (verse 31).

Instead of allowing the emotion of anger to turn into sinful actions, we should “be kind and merciful, and forgive others, just as God forgave you because of Christ” (Ephesians 4:32). It’s all part of “the new self, created to be like God in true righteousness and holiness” (verse 24). One of the powers that the Holy Spirit has given to believers after their spiritual transformation through faith in Christ is self-control (see Galatians 5:22–23). We need to ask God to fill us with His Spirit when we become angry; self-control will be the result.

We all allow our anger to get the best of us at times. When we are wronged or feel unfairly disadvantaged, we naturally want to retaliate or “fix the problem” in the fastest way. But when our response involves “rage, anger, harsh words, and slander” (Ephesians 4:31), we have crossed a line. We have sinned in our anger and given the devil a foothold. Sometimes, long after we should have moved on, we harbor a desire to revisit the wound and hang on to the anger. This only leads to bitterness. We must yield to the Holy Spirit and trust in His power to overcome such sin. Solomon in his wisdom had some practical things to say about how to handle anger:

“He who is slow to wrath has great understanding, but he who is impulsive exalts folly” (Proverbs 14:29).

“A gentle answer turns away wrath, but a harsh word stirs up anger” (Proverbs 15:1).

“A hot-tempered man stirs up conflict, but a man slow to anger calms strife” (Proverbs 15:18).

“Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city” (Proverbs 16:32).

✍️ *Ryan Thomas*

ABC's For Possessing A Proper Christian Character

When defined, "character" is "the moral qualities distinctive to an individual." It is very important that we all strive to possess a proper Christian character (Romans 12:9-21). With that thought pressed upon our minds, let's take a look at some ABC's for possessing a proper Christian character.

- Availability- Always be ready to help one another. (Galatians 6:2)
- Bravery- Always strive to be one who is brave. (1 Corinthians 16:13)
- Contentment- Be content with such things as you have. (Hebrews 13:5)
- Dependability- Always do what you say you are going to do. (James 5:12)
- Empathy- Feel one another's joys and sorrows. (Romans 12:15)
- Forgiving- Have a receptive heart to forgive. (Colossians 3:13)
- Generosity- It is more blessed to give than to receive. (Acts 20:35)
- Humility- Humble thyself in the sight of the Lord. (James 4:10)
- Industrious- Always give 110%. (Ecclesiastes 9:10)
- Joyful- Always seek and find joy in life. (Philippians 4:4)
- Kindness- Always be kind to others. (Ephesians 4:32)
- Loyalty- Always be one who is supportive and loyal. (Proverbs 17:17)
- Mannerly- Always behave in a way that is thoughtful of others. (Titus 3:2)
- Neighborly- Treat others as you wish to be treated. (Luke 6:31)
- Obedient- Be one who always obeys God. (Acts 5:29; 1 Corinthians 7:19)
- Patience- Always strive to be one who is patient. (James 5:7-10)
- Quietness- Lead a quiet life. (1 Thessalonians 5:12)
- Responsibility- Always be one who is responsible. (Galatians 6:5)
- Self-Control- Exercise self-control. (1 Corinthians 9:25-27)
- Thankfulness- Always count your blessings. (Colossians 3:15)
- Unwavering- Be steadfast and unmovable. (1 Corinthians 15:58)
- Virtuous- Be one who possess a high moral standard. (2 Peter 1:5)
- Wisdom- Be one who is wise. (Proverbs 12:15; James 3:13)
- Excitement- Always be enthusiastic and eager. (Psalm 100:2, 122:1)
- Yielding- Give way to God and righteousness. (Romans 6:13)
- Zeal- Always be one who is zealous for good works. (Titus 2:14)

My beloved brethren, I hope this list of examples of a proper Christian character is helpful to you, and I encourage us all to always strive to be one who possess a proper Christian character.

✍️ Brad Phillips

God's Plan of Salvation

Hear the word of God. (Romans 10:17)

Believe in Jesus Christ. (John 8:24)

Repent of your sins. (Acts 17:30)

Confess Jesus Christ. (Matthew 10:32)

Be baptized for the remission of sins. (Acts 2:38)

Remain faithful unto death. (Revelation 2:10)

"For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to everyone that believeth: to the Jew first, and also to the Greek." (Romans 1:16)

Belleville church of Christ

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www.bellevillechurch.net

Schedule of Services

Sunday Bible Study	9:30 a.m.
Sunday Morning Worship	10:30 a.m.
Sunday Evening Worship	4:00 p.m.
Wednesday Bible Study	7:00 p.m.

Evangelist

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