

THE *Big 3*

EPISODE: 227

TITLE: How the Gospel Speaks to Anger

If you look at the things in your heart and life that most anger you, and ask the question, "What am I defending?" then you'll have an answer to what your heart loves the most.

Here are three things to believe and consider about anger and the Gospel:

1. **It is not a sin to be angry, but anger can lead to sin.** God and Jesus both displayed times of their anger. But they were never angry for their own benefit. They were angry at the destruction and loss of relationship that words and actions of people were causing. Too often our anger is self-love and we hold on to it until it eats us up inside or drives a permanent wedge between us and others. "Be angry, (at injustices in the world) but sin not!"
2. **Our anger with others can lead to our being angry with God.** Too often we look to others to provide or fulfill only what God himself can and should give us. And when we feel let down, overlooked or slighted by people, we turn our anger towards God. On the cross, Jesus absorbed our misplaced anger toward him (*Father forgive them, they don't know what they're doing.*) and he absorbed the anger and wrath that we deserved. Because we are infinitely loved and forgiven, we too can love and forgive others as we absorb the painful impact of their words and actions with God's strength and love.
3. **The way to eliminate the problem is to draw closer to that person,** insist gently on the truth, and absorb their anger without paying back or defending yourself. You can be mad at the unbelief that person is experiencing and deluded by, but you don't have to withdraw or go after them. You don't have to hide, blame or retaliate. "A gentle answer turns away wrath, but a harsh word stirs up anger." Proverbs 15:1

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Caesar & Heath

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