

EPISODE: 318

TITLE: **How The Gospel Speaks To Our Anger**

While true that anger can destroy us, it is also an attribute of God and all who desire to love well. But most of us have a distorted understanding of anger and how to deal with it.

Here are three key things to believe and consider about how the Gospel speaks to our anger...

1. **The Bible does not teach that we should never have anger.** It teaches us to be *slow* to anger, which is an attribute of our righteous and loving Father God. But we may need to take some time to rethink the type of anger we have and what makes us angry; uncorrupted, holy, or righteous anger is a great form of love: love in motion toward a threat to someone (or something) you love.
2. **We tend to think that hate is the opposite of love,** but actually, the opposite of love is indifference; which is what we have if we never get angry. True love gets angry at the unbelief, pain, and messed-up consequences we see in the world, and in the lives of those we love. This is why, in love, God sent his son Jesus to put an end to sin and death, absorbing God's righteous wrath and anger toward that which is unholy. He loved us too much to never deal with our sin or turn away from us.
3. **The key to understanding anger is to see it as an opportunity to look deeper into our hearts and the heart of God.** Our anger can become a window through which we can discover – and deal with the woundedness we bring into our lives and relationships. When you feel anger, view it as an opportunity to explore what may be below the surface – what the anger may be covering up. What is the true “thing behind the thing”? And then ask God to replace that with the truth.

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Thanks for listening... I'll see you in the next episode!

Caesar