



Is Anger Sinful?

By Bryan Trotter on September 14, 2022

TODAY'S READING: John 2

I love comic books and superhero movies. Over the last few decades, I have loved seeing the Incredible Hulk on the big screen. Whether you grew up watching the Lou Ferrigno Hulk in the 70's or the new versions in the Marvel movies, we love to see him smash things. The driving force behind the Hulk's actions is anger.

What makes you really angry? I could write a novel if I were to list the things that make me angry. I feel like the Incredible Hulk sometimes, full of rage. If I had to narrow it down, I would say disrespect is a big trigger for me. I do not like to be disrespected nor do I like to see others being disrespected. It can really get under my skin. How do anger and sin coexist? Is anger a sin?

In John 2, we read that Jesus was angry; however, we know that Jesus did not sin. Therefore, we learn that anger on its own is not a sin, but what we do while we are angry can be sinful. Anger is an emotion. God gave us emotions for a reason. Emotions are powerful motivators, in both positive and negative ways. Anger can be a powerful positive motivator when we see injustice which pushes us to act on the injustice. However, negatively motivated anger is often accompanied by outbursts and attacks directed at a person. This is why Paul wrote in Ephesians 4:26, *"In your anger do not sin, Do not let the sun go down while you are still angry."*

We cannot avoid being angry. As a follower of Christ, we must learn to control our responses when filled with anger. It is also unhealthy to push our anger aside and not feel the emotion. We only delay the feelings of anger when we push it aside and it will typically come back much stronger. It is okay to be angry, but focus the anger on the action, just as Jesus did. Do not go around smashing things like the Incredible Hulk, physically or verbally. Feel the anger but do not sin while you are angry. Today, spend some time in prayer today and ask God to help you respond to your anger without sinning.

TOMORROW'S READING: John 3

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