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## You Wouldn't Like Me When I'm Angry

By Bryan Trotter on May 25, 2021

### TODAY'S READING: Mark 11

The scenario is far too familiar. You are driving on SC 160 and traffic is backed up. You feel the frustration building inside of you because you just want to get home and a sea of taillights is obstructing your path. A car pulls in front of you narrowly missing your car and it happens...you explode with anger. It is like the Incredible Hulk has taken over and you are fed up. EVERYONE deals with anger on some level even if it is not always road rage. When is it okay to be angry?

In Mark 11, Jesus observed what was happening in the temple and responded with righteous anger. He overturned tables and drove out those who bought and sold in the temple. This was a holy place where God resided and was a place of worship. From the text, we can gather that Jesus was angry and responded in anger but did not sin. Since Jesus was angry and without sin, we can gather from the text that it is possible to be angry and not sin.

For us, the line between responding in anger appropriately and sinning in our anger can be difficult to distinguish. Anger is an emotion that God created. Anger can be a powerful motivator for us to make right something that is wrong. Paul wrote in Ephesians 4:26, "*Be angry and do not sin; do not let the sun go down on your anger.*" Feeling angry is not sinful, but how we respond while we are angry can be sinful.

With the help of the Holy Spirit and God's Word, we can learn to control our responses when we become angry. Even in our anger, we must continue to exhibit love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. A good time to practice controlling your response to anger is when you have road rage. Today, take some time to pray to God about how you respond to others when you are angry.

### TOMORROW'S READING: Mark 12

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