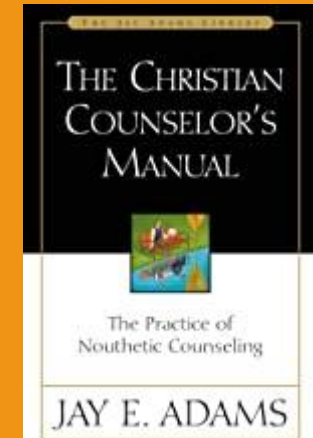
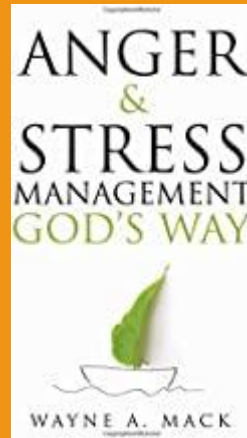
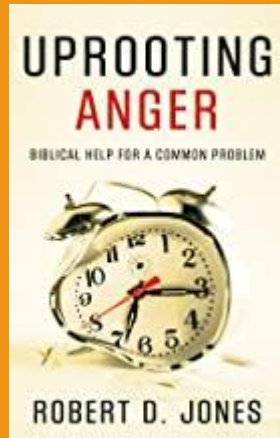


Is Your Anger Righteous?
Really?

Helpful Resources on Anger



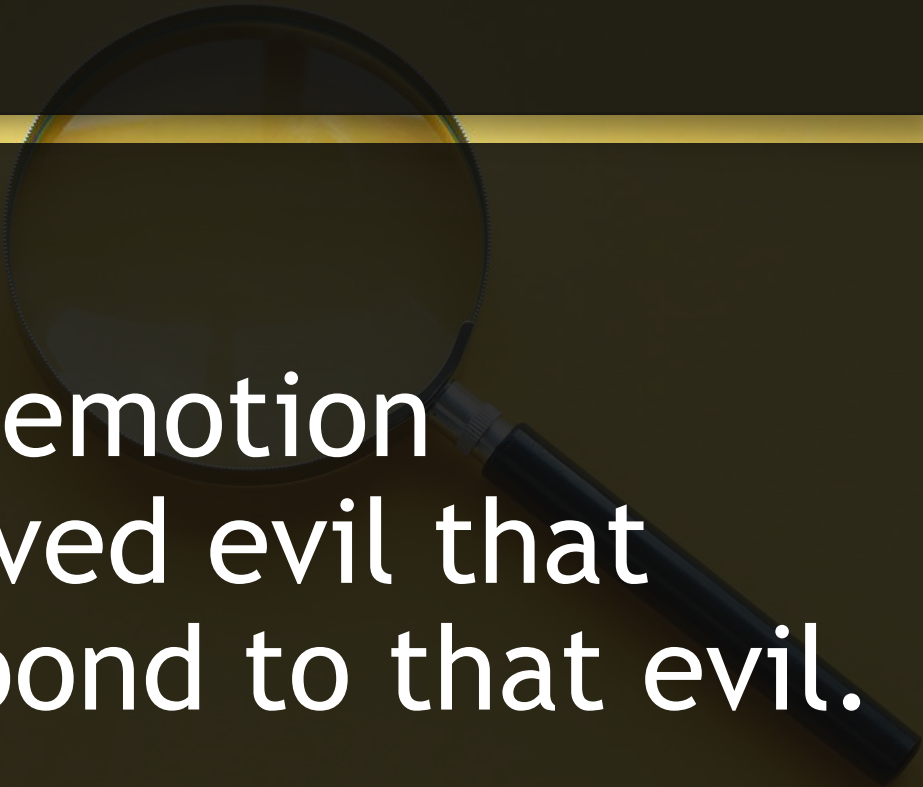
Anger

Anger is complex. It comprises the whole person and encompasses our whole package of beliefs, feelings, actions, and desires” (*Uprooting Anger*, p. 15)

“Anger is a strong force that God built into man for the purpose of moving him to biblical action” (*The Christian Counselor’s Manual*, p. 355, note 13)

“Anger”

Anger is a powerful emotion prompted by perceived evil that motivates us to respond to that evil.



Righteous anger motivates toward biblical solutions

We should be “letting anger motivate to biblical solutions” (Jay Adams, *Christian Counselor’s Manual*, p. 179)

Wayne Mack walks us through “making anger a positive force in your life and relationships”. This comes through “learning to harness the energy created by our anger” (*Anger and Stress Management God’s Way*, pp. 48ff)

Righteous anger motivates toward biblical solutions

David Powlison explained that “anger done right is a great good. It says, “That’s wrong” and acts to protect the innocent and helpless. It says, “That’s wrong” and energizes us to address real problems” (*Good and Angry*, p. 1)

John Stott lamented that, “there is such a thing as Christian anger, and too few Christians either feel or express it. Indeed, when we fail to do so, we deny God, damage ourselves and encourage the spread of evil” (*Ephesians*, p. 185)

Mark 3:1-6

Jesus' anger motivated Him to biblical solutions

- He rebuked and corrected
- He grieved their hardness of heart
- He met a real need, showing compassion

Mark 10:13-16

Jesus' anger motivated Him to biblical solutions

- He corrected wrong behavior
- He corrected understanding of the kingdom
- He showed compassion

Righteous Anger

Think not “retribution”

Think “solution”

Speak up/
speak out

Evangelism/
discipleship

Support those
who speak out
or evangelize

Faithful,
engaged prayer

Grieve over the
sin

Show
compassion

**Examples of responses
motivated by righteous anger**

Trust in God

Getting your eyes
off your
circumstances and
onto the Lord

Rest in the Lord

Wait patiently

Be humble

Delight yourself in
the Lord

Be content in the
Lord

Do good (take
action being
gracious and
giving, v. 21)

Examples from Psalm 37