

Be Angry and Sin Not

Anger, according to Webster's dictionary, is a feeling that may result from injury, mistreatment, opposition, etc. It usually shows itself in a desire to hit out at something or someone else; wrath, indignation; rage; ire.

When anger is out of control it results in an obsessive vengeance. We all have at one time or another experienced the feeling of anger, which is a natural emotion, but when it is out of control it has negative effects on the personal and social well-being. Anger may cause increase heart rate, high blood pressure and heart attack. Its effect on the body and mind can be permanent because of its ability to penetrate the soul- intellect, emotion and will. The mind controls the body to react one way or another. Anger in itself it is not a sin when expressed without wrath and rage and bitterness. The Word of YAHWEH says, Be angry and sin not; commune with your own hearts upon your beds and be silent (Psalm 4:4). The words we let out when we are angry are many times hurtful; and when they don't leave the heart we are planting seeds of bitterness against those who hurt us. To "commune with your own hearts upon your beds and be silent" is in fact to repent.

Experience anger, but don't let it root bitterness in your heart; otherwise Satan will have a foothold on your emotion, intellect and body. Don't let it become wrath against your offender; let not the sun to go down on it and the door will be closed to Satan to have an opportunity to harm you. This is the time when one must empty self of all pity and fill self of forgiveness. No matter how much it hurts the pride. YAHSHUA suffered the worst humiliation one could ever experience without holding anger for the world that was nailing Him on the cross. Before His death He let them know that they were forgiven. He didn't hold them guilty of His death and salvation was offered to all who hurt Him. There are other types of anger we express from time to time. One of them is holy anger seen in YAHSHUA when the zeal for the house of God had eaten Him up (Psalm 69:9). There He found in the temple those who were selling oxen and sheep and doves, and the money changers sitting there; and having made a lash of cords, He drove them all out of the temple – both the sheep and the oxen- spilling and scattering the brokers' money and upsetting and tossing around their trays; then to those who sold doves He said, Take these things away! Make not My Father's house a house of merchandise (John 2:14-16). To have holy anger is to have zeal for the things of God; it is to take a stand for Him and all that pertains to Him.

YAHSHUA was not angry at those who made sport of Him; neither of those who flogged Him; nor of those who crucified Him. There on the cross, exposed for everyone to see Him in His suffering, He was empty of self completely to suffer insults without retaliation. He left the perfect example of forgiveness ever seen. When anger is without control a criminal act follows it, as we see in the life of Cain, when the Lord rejected his offering of the fruit of the ground. He became exceedingly angry and indignant and he looked sad and depressed; and the Lord said to Cain, Why are you angry? And why do look sad and depressed and dejected? If you do well, will you not be accepted? And if you do not do well, sin crouches at your door; **its desire is for you, but you must master it.** Cain disregarding the words of the Lord invited his brother Abel out to

the field and there he killed him (Gen. 4). When we are controlled by anger vengeance takes its rein.

Make no friendships with a man given to anger, and with a wrathful man do not associate; lest you learn his ways and get yourself into a snare (Prov. 22:24-25). A man given to anger loves only himself; it does not take much for him to be angry, because he has no love except for self. And as Solomon said, A man given to anger commits and causes much transgression (Prov. 29:22b). He transgresses against God's laws of love and forgiveness and applies vengeance to satisfy his pride. When we remain angry, we are not promoting the righteousness of God (James 1:20). God's righteousness which was imputed to us by His Holy Spirit is holy and must be applied through a humble spirit. Let all bitterness and indignation and wrath and resentment and quarreling and slander be banished from you, with all malice; and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you (Ephesians 4:31-32). Anger does not exist alone; it has many other roots that will carry its demands if we do not overcome it. As a new creation in Christ, the believer must put away and rid (himself) of all these things: anger, rage, bad feeling toward others, curses and slander, and foulmouthed abuse and shameful utterances from (his) lips (Col. 3:8).

Paul's desire registered in I Timothy 2:8 was that men should pray, without anger or quarreling or resentment or doubt, lifting up holy hands. When we enter the Holy of Holies through prayer with anger in our heart, our heavenly Father will not hear us; anger in our heart, keeps us from lifting up holy hands, because we are proud in our bitterness, resentment and all the roots of anger abiding and controlling us; we are grieving His Spirit, by Whom we were sealed for the day of redemption (Eph. 4:30). YAHSHUA'S suffering on the cross opened to us an access to His presence at any time, when the temple's veil was torn in two from top to bottom. The believer has to consider how important it is to be clean from anger and its roots before going into the Holy of Holies to pray. Anger can affect your spiritual life, your health and make you a slave of its demands. But love through forgiveness will break the chains it has on you, and it will free you from guilt. Forgive even your enemy, as YAHSHUA did. As Paul confirmed, If possible, as far as it depends on you, live at peace with everyone; beloved, never avenge yourselves, but leave the way open for [God's] wrath; for it is written, Vengeance is mine, I will repay, says the Lord; but if your enemy is hungry, feed him; if he is thirsty, give him drink; for by so doing you will heap burning coals upon his head, do not let yourself be overcome by evil But overcome evil with good (Rom. 12:18-21). "Against this there is no law".