

# DANGER IN ANGER

MFON UMANA

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contact: Mfon Umana on Tel: + 2348062107945.

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## **DEDICATION**

**T**he book," DANGER in ANGER" is dedicated to God Almighty. He who sustain life, the beginning, the end, and the reason for our existence on mother earth. All the Glory Adoration ascribed to him alone in Jesus Name. Amen

## **ACKNOWLEDGMENT**

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## INTRODUCTION

**A**nger, which is equally known as wrath or rage, is one word short of Danger. In fact, "Anger is Danger in disguise". Even with the consequences of danger arising from anger, one still finds oneself indulging in the act either consciously or unconsciously.

Anger has no religion, creed, race or ethnicity. It is in men, women, and children and even in animals. Anger is safely be regarded as a natural emotion of life. However, what should bother us is not how to avoid anger, but how to manage the consequences of anger in our lives and environment. In our anger, what do we end up doing?

As I was writing this book, a video went viral on the internet of two husbands, on 22 April 2020, somewhere in Lagos, fighting over their wives' disagreement over a small domestic issue. The fight resulted in their stabbing themselves to death - all because of uncontrolled emotion of anger. Even though there were people in the compound, the outburst was so severe that it was very difficult to

separate them, while others in the next compound were busy recording the incident online.

Equally, on 26 May 2020, a retired eighty-two year old former Director General of the Imo State Broadcasting Commission (IBC) was reported as having stabbed his wife to death with a kitchen knife at Ngor Okpala Local government area, Imo State, ending their fifty-five years old marriage. The duo's marriage was blessed with five children and fifteen grandchildren.

Earlier, on 25 May 2020, Policemen stopped George Floyd, a forty-six year old black American for investigation on allegation of purchasing cigarettes with counterfeit money. In the attempt to restrain him outside the shop in Minneapolis, Minnesota, USA, a police officer, Derek Chauvin, pinned him down, knelt on his neck for about eight minutes forty-six seconds. He was taken to the hospital when he could no longer breathe, where he was pronounced dead.

The next day, 26 May 2020, Derek Chauvin, and his accomplices, Tou Thao, Thomas Lane and Alexander Kueng, were "fired" by the police authorities. Immediately the video of the officers'

sack and arrest went on social media, it sparked up anger resulting in widespread demonstration over the streets of Minneapolis, resulting into vandalizing police cars and police stations.

The rage spread to more than seventy- five cities including Memphis, Los Angeles, Portland and Oregon with protesters lying on the road and chanting, I can't breathe - the cry of the dying George Floyd. It was reported that at least five people were killed, four thousand four hundred arrested while curfew was imposed in major cities. The President, in a tweet, threatened to use the Military to quell the civil unrest if the states failed to control the protests.

All the three incidents above could be attributed to disputes degenerating into emotional outbursts in rage and violence resulting in deaths and regrets at the long run.

I developed interest in writing on the title because of my wife's perception of my m y temperament (anger) type. She sees my anger type as manifested in silence and withdrawal (suppressed) for a time, bottling up and allowing it to slip by without doing anything. However, she believes that this type of

anger is bad and unproductive, as the other party is not given the opportunity, to know the cause and be able to be part of the remedy or making amends to avoid a repeat. This sort of anger has its negative medical consequences; this will be treated in a later chapter.

In writing on this title, a lot is culled from personal experience, Biblical accounts, observation of men and women in positions of authority in the secular and religious spheres of endeavor. In all, it is not controvertible that anger abound in every human irrespective of one's position or calling. An experienced counselor said that about 50% of the people that came to him for counseling had problems with dealing with anger.

Anger is a complex psychological construct and behavior. Some scholars conceptualize it from a state of emotion perspective; others define it as an affective trait, equally some consider it largely a cognitive process that indicates how people appraise their world, whereas others argue that the experience of anger also involves affective and behavioral components in addition to cognitive component.

Aside the above, there is a clear consensus that anger is an important dimension of personal attributes, that differentiates people that are highly angered from those that seem hardly ever irritated. However, chronic anger has been established as a major risk factor that contributes to a variety of psychological and physical health problems.

Anger is a secondary emotion arising mainly from pains, fears and frustration. It is manifested in physical and mental expression, body language, physiological responses and at times public acts of aggression.

Anger is believed to be normal and healthy. However, that uncontrolled anger that escalates when the provocation is minor is not normal and that is to be avoided at all times. Anger, when viewed as political response or instinct to a perceived threat, is considered as positive. The negative expression of this state is aggression. Acting on this misplaced state is rage due to possible potential errors in perception and judgment.

Anger can be expressed through body language and other non-verbal cues, like staring, frowning and

clenching of fists. Some persons are good at internalizing their anger so it may be difficult to notice any physical signs. It is however unusual for an actual physical attack to transpire without a warning sign appearing first.

Tim Lahaye, in his book, *Spirit Controlled Temperament*, stated, Anger is one of the most common and most destructive emotions known to mankind. It ruined the first family, causing the first murder, when Cain flew into a rage and killed his brother Abel. Ever since then it has ruined millions of lives, marriages, friendships, visions, commissions and relationships.

Lahaye further gave sixteen (16) variations of anger as: bitterness, resentment, wrath, malice, intolerance, hatred, clamor, criticism, sedition, envy, revenge, jealousy, attack, gossip, sarcasm and unforgiveness.

He further stated that anger and fear are universal sins that he, having counseled over a thousand people in his career, could conclude that all emotional tensions is traced to one of two things - anger or fear.

The questions this book will attempt to answer are: What is anger? Could there be Biblical or psychological reasons for anger? Is there any good in anger? In addition, there will be a mention or probe on some Biblical men known for anger and the consequence of anger on their commission and generation.

The book equally looks at what can be learned from the study of anger and explore what can be done to help humanity mitigate anger from looming to danger or catastrophic state.

Nelson Mandela was quoted as saying this before leaving prison: "as I stand before the door to my freedom, I realize that if I do not leave my pain, anger and bitterness behind me, I will still be in prison. What he meant is that anger, especially unmanaged anger is like self-imprisonment.

As you read, it is my prayer that God will grant you the grace to check your anger level because anger not checked can destroy destiny.



# *Anger*

**T**here are many definitions or thoughts about anger. Here are some:

The Oxford Advance Learners Dictionary: Strong feeling of annoyance and hostility.

Chambers English Dictionary: Hot displeasure often involving a desire for retaliation, wrath and inflammation.

Webster's Dictionary: Excessive emotion, passion aroused by a sense of injury or wrong; this may be an injury to oneself or to someone else.

Online Etymology Dictionary: Strong emotion, a feeling that is oriented towards some real or supposed grievances.

The KJV Dictionary: A violent passion of the mind excited by a real or supposed injury usually accompanied with a propensity to take vengeance, or to obtain satisfaction from the offending party. This passion however varies in degrees of violence and in an ingenious mind, may be attended to only with a desire to reprove or chide the offender.

The Lake Arlington Baptist Church Digest of 27 September 2005 states that Anger is an emotion of instant displeasure; Anger is part of our original human nature, just as love is. It is not necessarily sinful. It may, however become sinful when it arises without cause or is excessive or protracted.

Anger is also an unpleasant emotion brought about by frustration associated with a situation beyond our control. Frustration occurs, whenever one cannot reach its goal due to lack of ability and or focus.

Anger is equally, excited by an injury offered to a relation, friend or party to whom one is attached; and some degree of it may be excited by cruelty, injustice or oppression offered to those with whom one has no immediate connection, or even to the community of which one is a member. It is not

unusual to see something of this roused by gross absurdities in others, especially in controversy or discussion. Anger may be inflamed until it rises to rage and a temporary delirium.

The various adjectives derived from the definitions of Anger are;

- ⌚ Strong feelings
- ⌚ Hot displeasure
- ⌚ Instant displeasure
- ⌚ Excessive emotion
- ⌚ Strong emotion
- ⌚ Unpleasant emotion
- ⌚ Violent passion

Two Greek words are used in the New Testament for our English word anger. One is Orge a natural impulse or desire or disposition, the strongest of all passions. The other is Thumos a more agitated condition of the feeling, an outburst of wrath from inward indignation. Org e is a more settled or abiding condition of the mind, with a view to taking revenge; it is less sudden in its action than thumos but more lasting in nature.

Biblically, anger can be viewed from three (3) perspectives:

- Old testament perspective
- The Messaic perspective
- The Apostolic perspective.

## OLD TESTAMENT PERSPECTIVE

He who is slow to anger has great understanding, but he who has a quick temper displays folly

*Proverbs 14 vs 29*

One who is slow to anger is better than the mighty: one who rules his spirit, than he who takes a city

*Proverbs 16 vs 32*

The discretion of a man makes him slow to anger. It is his glory to overlook an offense

*Proverbs 19 vs 11*

Mockers stir up a city; but wise men turn away anger. A fool vents all of his anger, but a wise man brings him under control.

*Proverbs 29:8*

Solomon's view on anger is based on the ability to control it; he believes that though anger is human experience, controlling oneself is considered a trait of the wise.

## MESSAIC PERSPECTIVE

Y e have heard that it was said of old time, thou shalt not kill; and whoever shall kill shall be in danger of the judgment

*Matthew 5 vs 21*

But I say unto you that whoever is angry with his brother without a cause shall be in danger of the judgment.

*Matthew 5 vs 22a*

Therefore , if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar, first go and be reconciled to them; then come and offer your gift

*Matthew 5 vs 23-24*

The above show that anger at someone without a cause, even as expressed in words of disgust at someone is sin comparable to killing and worthy of judgment by God.

## APOSTOLIC PERSPECTIVE

Let all bitterness, wrath, anger, outcry and slander, be put away from you with all malice. Be kind to one another, tender hearted, forgiving each other, just as God also in Christ forgave you.

*Ephesians 4 vs 31- 32*

But now do you also put them all away; anger, wrath, malice, slander, and shameful speaking out of your mouth

*Colossians 3 vs 8*

Arising from the three (3) perspectives above, it is clear that anger is something we should not play around with or view lightly. We are to put it away from us, just as we put away lies, filthy language, bitterness and fighting. It is a work of the flesh, and those who practice such things do not inherit the kingdom of God (I Corinthians 6 vs 9).

*Anger was first mentioned in the Bible in Genesis.*

But unto Cain and his offering he had no respect. And Cain was very wrath (angry) and his countenance fell. *Genesis 4 vs 5*

**Another translation says:**

He scowled in anger and his countenance fell. When we are angry, our countenance changes or fails us and we assume another identity (animal or boastful nature). We sure need to avoid or check anger to keep our identity especially as children of God.

And the Lord said unto Cain, why art thou wroth? And why is thy countenance fallen if thou doest well, shall thou not be accepted? And if thou doest not well, sin lieth at the door     *Genesis 4 vs 6-7a*

Here God admonishes us to always look back at why we fail in any situation and gear up to succeeding rather than being scowled in anger. Anger, if not checked, could bring down our countenance, lead to murder in thought, word or deed and inevitably bring curse on our lives as in the case of Cain.

And now art thou cursed from the earth,  
which hath opened her mouth to receive  
thy brother's blood from thy hand  
Genesis 4 vs 11.

### **Another translation says:**

You are placed under a curse and can no longer farm the soil

All the above are the consequences of sin induced by anger, we should realize that anger does not pay, rather, it could lead to a greater offence, which could lead to curse(s) as enumerated above. See what uncontrolled anger of one person can do to generation upon generation.

Anger can be in the form of rage. Rage is vicious, explosive anger that seeks to hurt others verbally or physically. It is dangerous and stands at the most harmful end of the anger spectrum.

The other form is resentment, the innermost turmoil that seethes and boils. It can be a response towards someone who wronged you, or an unjust situation that hurts you or your loved ones. It can be destructive as its victim suppresses his resentment and suffers emotionally.

Emotion turns to anger, sadness, guilt, anxiety and fear as they are most often the primary emotions that are transformed to anger.

Anger is a secondary emotion; we tend to resort to anger in order to protect ourselves from or cover up other vulnerable feelings.

## PEOPLE WHO GET ANGRY EASILY

People who get angry easily are called the following names:

- Snappish
- Petulant
- Resentful
- Irritable
- Testy
- Touchy
- Irascible





## *What The Bible Says* **ABOUT ANGER**

**A**nger is a natural emotion, imbedded in man. It is closely associated with fear, as fear is disguised anger directed at our own inabilitys. The first mention of anger in the bible is in Genesis 4 vs 5 when God spelt out the consequences of unchecked anger to our lives. Then the Lord said to Cain, Why are you angry? Why is your face downcast? If you do what is right will you not be accepted? However, if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it (Genesis 4 vs 6 - 7).

### **ANGER IS NOT ALWAYS SIN**

Firstly, anger is not always sin; the first word used in

the bible for anger is the anger of passion (orge) which means passion energy. It is the most common word used in the Old Testament for anger.

Then the Lord's anger burned against Moses and he said, What about your brother, Aaron the Levite? I know he can speak well. He is already on his way to meet you. And his heart will be glad when he sees you, *Exodus 4 vs 14*.

Biblically, anger is God-given energy intended to help us solve problems, express our emotions - the flaring off the nostrils and the short puffs of breath in exasperation. Since God created us with the ability to express anger and since God Himself feels and expresses anger, there must be a righteous way and sinful way to express this emotion.

Equally, we are encouraged not to sin when we become angry.

In your anger do not sin; when you are on your beds, search your hearts and be silent

*Psalm 4 vs 4*

Biblical examples of using anger to solve problems include:

- i. Paul confronting Peter because of his wrong example (Galatians 2 vs 11 – 14).
- ii. David upset over hearing Nathan, the prophet's story of injustice (2 Samuel 12 vs 1-8).
- iii. Jesus' anger over the defilement of the place of worship at God's temple in Jerusalem (John 2 vs 13 – 18).

**Others are:**

- God's anger (wrath) because of man's sin. (Numbers 32 vs 13; Hebrews 3 vs 11).
- When Jesus observed the hypocrisy and scriptural abuses by the Jews he looked round about on them with anger. (Mark 3 vs 5).
- All who have the mind of Christ should be angered at false doctrine. (Philippians 2 vs 5).

## **UNJUSTIFIED ANGER IS SIN**

The next prevalent word for anger is in Deuteronomy 4 vs 21 and means to trouble or grieve, the Greek word "thumos" means agitated, boiling. It is normally translated as indignation, offense or

resentment. Some unjustified anger is sin as the following examples will suffice.

- ⇒ When it is selfishly motivated because human anger does not produce the righteousness that God desires (James 1 vs 20)
- ⇒ When anger is allowed to linger in your anger do not sin, do not let the sun go down while you are still angry, and do not give the devil strong hold." (Ephesians 4 vs 26)
- ⇒ We are commanded to speak the truth in love and to use our words to build up others and not allow rotten or destructive words to come from our lips. (Ephesians 4 vs 15,19)
- ⇒ Anger becomes sin, when it is allowed to boil over without restraint, resulting in terrible irreparable consequences. (Proverbs 29 vs 11)
- ⇒ In the parable of the lost son, the older brother became angry and refused to go in, so his father went out and pleaded with him. (Luke 15 vs 28)
- ⇒ Equally, in Colossians 3 vs 8 we see anger as progressively producing wrath and malice. But, now you must also rid yourselves of all such things as these, anger, rage, malice, slander and filthy language from your lips.

## SCRIPTURES ON ANGER AND WRATH

### ANGER

- i. Cease from anger, and forsake wrath: fret not thyself in any wise to do evil. (Psalm 37 vs 8)
- ii. A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife. (Proverbs 15 vs 18)
- iii. He that is slow to anger is better than the mighty and he that ruleth his spirit than he that taketh a city. (Proverbs 16 vs 32)
- iv. Wrath is cruel and anger is outrageous; but who is able to stand before envy? (Proverb 27 vs 4)
- v. Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools (Ecclesiastes 7 vs 9)
- vi. Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice. (Ephesians 4 vs 31)
- vii. But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth. (Colossians 3 vs 8)
- viii. Fathers, provoke not your children to anger, lest they be discouraged. (Colossians 3 vs 21)

## ANGRY

- i. He that is soon angry dealeth foolishly: and a man of wicked devices is hated. (Proverbs 14 vs 17)
- ii. Make no friendship with an angry man; and with a furious man thou shalt not go. (Proverbs 22 vs 24)
- iii. An angry man stirred up strife, and a furious man abounded in transgression. (Proverbs 29 vs 22)
- iv. Be not hasty in thy spirit to be angry: for anger rested in the bosom of fools. (Ecclesiastes 7 vs 9)
- v. But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire, (Matthew 5 vs 22)
- vi. Be ye angry and sin not; let not the sun go down upon your wrath: (Ephesians 4 vs 26)
- vii. For a Bishop must be blameless, as the steward of God; not self-willed, not soon angry, not given to wine, no striker, not given to filthy lucre. (Titus 1 vs 7)

## WRATH

- i. For wrath killeth the foolish man, and envy slayeth the silly one. (Job 5 vs 2)
- ii. Be ye afraid of the sword, for wrath bringeth the punishments of the sword, that ye may know there is a judgment. (Job 19 vs 29)
- iii. But the hypocrites in heart heap up wrath: they cry not when he bindeth them. (Job 36 vs 13)
- iv. Kiss the Son, lest he be angry, and ye perish from the way, when his wrath is kindled but a little. Blessed are all they that put their trust in him. (Psalm 2 vs 12)
- v. A fool's wrath is presently known: but a prudent man covereth shame. (Proverbs 12 vs 16)
- vi. He that is slow to wrath is of great understanding: but he that is hasty of spirit exalted folly. (Proverbs 14 vs 29)
- vii. A man of great wrath shall suffer punishment: for if thou deliver him, yet thou must do it again. (Proverbs 19 vs 19)
- viii. Proud and haughty scioner is his name, who dealeth in proud wrath. (Proverbs 21 vs 24)

- ix. A stone is heavy, and the sand weighty; but a fool's wrath is heavier than them both. (Proverbs 27 vs 3)
- x. Wrath is cruel, and anger is outrageous; but who is able to stand before envy. (Proverbs 27 vs 4)
- xi. Scornful men bring a city into a snare: but wise men turn away wrath. (Proverbs 29 vs 8)
- xii. Surely the churning of milk bringeth forth butter, and the wringing of nose bringeth forth blood: so the forcing of wrath bringeth forth strife. (Proverbs 30 vs 33)
- xiii. But unto them that are contentious, and do not obey the truth, but obey unrighteousness, indignation and wrath. (Romans 2 vs 8)
- xiv. Dearly beloved, avenge not yourselves, but rather give place unto wrath, for it is written, Vengeance is mine; I will repay, saith the Lord. (Romans 12 vs 19)
- xv. Wherefore ye must needs be subject, not only for wrath, but also for conscience sake. (Romans 13 vs 5)
- xvi. For God hath not appointed us to wrath, but to obtain salvation by our Lord Jesus Christ. (I Thessalonians 5 vs 9)

- xvii. I will therefore that men pray everywhere, lifting up holy hands, without wrath and doubting. (I Timothy 2 vs 8)
- xviii. Wherefore, my beloved brethren, let every man be swift to hear slow to speak, slow to wrath. (James 1 vs 19)
- xix. For the wrath of man worketh not the righteousness of God. (James 1 vs 20)

## **DOES THE BIBLE AUTHORIZE ANGER?**

In an attempt at answering the question Does the Bible authorized anger two scriptures will be cited from four versions of the Bible and analyzed to draw the real import of the verse.

### **Ephesians 4 vs 26**

#### *King James Version*

Be angry and sin not; let not the sun go down upon your wrath.

#### *Amplified Version*

When Angry; do not sin, do not ever let your wrath (you exasperate fury or indignation) last until the sun goes down.

**New American Standard Version**

Be angry and yet do not sin, do not let the sun go down on your anger.

**New International Version**

In your anger, do not sin: do not let the sun go down while you are still angry.

**Psalm 4 vs 4**

**King James Version**

Stand in awe, and sin not.

**Amplified Version**

Be angry or stand in awe and sin not.

**New American Standard Version**

Tremble and do not sin.

**New International Version**

In your anger, do not sin.

**Ephesians 4 vs 26**

**King James Version**

Be Angry

***Amplified Version***

When angry

***New American Standard Version***

Be angry.

***New International Version***

In your anger.

In Ephesians 4 vs 26, be angry is used by the King James version (KJV), New American Standard (NAS) translation, while Psalm 4 vs 4 used it in the Amplified (Amp) and the New American Standard (NAS) translation. In the other version, it is when angry or in your anger. It is believed that the intention is not to encourage one to get angry as in Be angry, but just to allow the human self of passion or emotion to be realized while realizing the self-capacity to moderate one. It is a matter of concession or self-control, not an instruction, more so, it is contended that, why would David in Psalm 37 vs 8a say: Cease from anger and forsake wrath

In addition, the New English Bible has it as if you are angry, do not let anger lead you to sin. The New

Living Translation states, And don't sin by letting anger gain control over you.

It therefore, in summary, does not make any Biblical sense to say, Be angry, but don't sin and then say but don't be angry any longer than sun set. If anger is therefore acceptable by God, then what difference does it make, if it is carried overnight or any time?

Paul, in his teaching on Anger, was considering the fact that man naturally gets angry (human weakness), but encouraging us to in our anger (weakness) be able to draw a line or avoid reaching the highest spectrum of anger. That, I believe lays the line of demarcation and our prompting.

# 3

## Types Of *Anger*

Classification of Anger varies. Some look at it from the angle of forms, some as classification and yet others from the types perspective. However, I will like to look at it from the type's perspective, to be able to bring out all the aspects of anger. The sole aim is to draw out the totality of its classification to enable all situate where he or she falls into.

Broadly, anger could be classified as holy/ righteous /justified and unholy/ unrighteous/ unjustified anger.

**HOLY ANGER:** Anger here is brought about by sincere rejection of evil - its practices and manifestations. When God, in the Garden of Eden,

discovered that man had disobeyed Him and allowed the serpent to deceive him, God was not happy (though not expressly stated),

Then the Lord God said to the woman, what is this you have done? (*Genesis 3 vs 13*).

Thereafter, God cursed the serpent, (*Genesis 3 vs 14-15*), the woman (*Genesis 3 vs 16*) and the man (*Genesis 3 vs 17-19*). It is rather curious that it was immediately after the curse that Adam named his wife Eve, *Genesis 3 vs 21*. One wonders what name he was calling her before then. I hope it was not the curse that prompted his mental thought process to be awakened to his responsibility. May God grant us the grace to do the right thing at the right time to avoid prompting by a curse or a threat of curse. healed the man.

He looked at them in anger and, deeply distressed at their stubborn hearts, said to the man stretch out your hand. The man stretched out his hand and it was completely restored, just as strong as the other hand. *Mark 3 vs 5*

On reaching Jerusalem, Jesus entered the temple courts and began driving out those who were buying and selling there    ***Mark 11 vs 15 17***

## **UNHOLY ANGER**

This is anger brought about by evil mindset, with intentions that are not noble; it is carried out by lovers of evil and satanic tendencies. The typical example here is that of Cain killing his brother, Abel, over anger resulting from his offering that was not respected, while his brother's offering was accepted.

"Now Cain said to his brother Abel, let's go out to the field. While they were in the field, Cain attacked his brother Abel and killed him' ***Genesis 4 vs 8***

Aside these two broad categories, anger could be manifested in two other ways - spontaneous or uncontrolled and depressed or controlled anger.

## **SPONTANEOUS**

This has to do with anger that is spontaneously manifested in violent reaction. Here, there is no allowance for reason. It just comes as one comes in contact with a situation which is against one's will or belief.

It is the type of anger that has to be guarded against as it could result in violent reaction, which could cause physical or psychological abuse to the offending party, without recourse to finding out the cause(s) of the action. Here action is followed by unequal reactions. Room is not made for objective reasoning but sometimes un-objective and undefendable reaction.

No matter, the level of annoyance or offence, a child of God ought to be calm and meditate over issues. The time of a tooth for a tooth doctrine has been replaced with the doctrine of turning the other cheek.

The greatest disadvantage of this form of anger is that its reaction is always greater in most cases than the action. This is because it could result in physical abuse, uncontrolled tongue, and destruction of materials or properties, desecration of holy materials or places.

Equally and more importantly, it could attract the judgment of God.

'Now you are under a curse and driven from the ground, which opened its mouth to receive your brother's blood from your hand.' *Genesis 4 vs 11*

## DEPRESSED OR CONTROLLED ANGER

This is the type of anger, which does not necessarily manifest in physical outburst. It is suppressed in the mind of an individual and mostly expressed at a later time.

The advantage here is that temper would have calmed down to give room for objective reasoning. Even if reaction or consequence has to follow, it is then a calculated consequence which may not be destructive but corrective.

However, the disadvantage of depressed anger is that it tends to cause psychological distress to the person involved since it is bottled up and may gradually erode one psychologically and result to varying health consequences.

But God said to Jonah, is it right for you to be angry about the plant? He said, and I am so angry I wish I were dead. ***Jonah 4 vs 9***

I loathe my very life; therefore, I will give free rein to my complaint and speak out in the bitterness of my soul. ***Job 10 vs 1***

The above two passages about Jonah and Job had to do with frustration within their minds, which if not promptly tamed could have resulted to more frustration. In the case of Job, he was already bitter, "I speak out in the bitterness of my soul" *Job 10 vs 1c*

## FORMS OF ANGER

These are manifested in the form of rage, resentment and righteous indignation.

**Rage:** This is vicious, explosive anger that seeks to hurt others verbally or physically. It is very dangerous and stands at the most harmful end of the spectrum. It is an open war on one's circumstance or on the person towards whom one feels extreme anger.

"The acts of the flesh are obvious; sexual immorality, impurity and debauchery, idolatry and witchcraft, hatred, discord, jealousy, fits of rage, selfish ambition, dissensions faction.' *Galatian 5 vs 20-21*

"All the people in the synagogue were furious when they heard this. They got up, drove him out of the town, and took him to the brow of the hill on which the town was built, in order to throw him off the cliff,' *Luke 4: 28 vs 30*

Resentment: It is a more common form of anger, it is inner turmoil that seethes and boils; it can be towards someone who wronged you or an unjust situation that hurts you or your loved ones. It can be destructive as rage since the victim of resentment suppresses his resentment and suffers emotionally and or physically.

"See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many' ***Hebrew 12 vs 15***

Righteous indignation: This we feel, when we witness certain forms of injustice and wicked acts. It is motivated by quest of love for God and opposing social evils in the society.

"It is written, he said to them, my house will be called a house of prayer, but you are making it a den of robbers." ***Matthew 21 vs 13 16.***

## **OTHER TYPES OF ANGER**

Marcus Andrews in Anger management identified about ten (10) types of anger, herein discussed:

- I.     **Assertive Anger:** It is the most constructive type of anger. It uses feeling of frustration or

rage, as a catalyst for positive change. Rather than avoid confrontation, internalizing anger or resorting to verbal insults and physical outburst, anger is expressed in a way that creates change in the world around without causing distress or destruction.

Strategy: Assertive anger is a powerful motivation used to overcome fears, address injustice and achieve desired outcome.

ii. **Behaviourial Anger:** This is expressed physically and is usually aggressive. The actors feel overwhelmed by emotion that is lashed at objects of rage. It might involve physically attacking someone, breaking or throwing things. It is highly unpredictable and could result in legal and interpersonal consequences.

Strategy: It is necessary to delay and calm down before doing anything. One might need to withdraw from the scene, and involve in self-talk technique to regain control.

iii. **Constructive Anger:** This involves the channeling of anger in a constructive manner or means to achieve a desirable result, such as

the anger directed at correcting a child or pupils.

**Strategy:** There is the need to be mindful not to overdo the anger, equally there is the need to calm down later and talk one on one explaining why you were annoyed.

- iv. **Chronic Anger:** This involves the general resentment of other people's frustration with certain circumstances and anger towards self: it is also characterized by habitual irritation; prolonged anger can have adverse effects on the health of such a person.

**Strategy:** Spend some time reflecting on the underlying causes, then resolve the inner conflict by forgiving yourself and others.

- v. **Deliberate Anger:** This is also known as motivational anger used by managers in workplace and sports to motivate them (staff or sportsmen) to improve performance, often used to control subordinates and does not usually last.

**Strategy:** This should be sparingly used as it could impress negative effects on some onlookers, workers or target.

- vi. **Judgmental Anger:** Righteous indignation, usually a reaction to perceived injustice or someone else's shortcoming.

Strategy: Commit to exploring the light and shade in different situations.

- vii. **Overwhelmed/ Uncontrolled Anger:** occurs when we feel that some situations or circumstances are beyond our control resulting in feeling of hopelessness and frustration, commonly when we let too much responsibility or unexpected life events overtake our usual capacity.

Strategy: Any person in this form of anger needs to reach out for help either from family, friends or professionals.

- viii. **Passive Anger:** This is avoidant type of anger, where the person tries to evade all forms of confrontation, may deny or depress any feeling of frustration or fury experience.

Strategy: Learn assertive communication technique and explore your fear of confrontation using the 'what if scenario'.

- ix. **Retaliatory Anger:** This is an instinctual response to being confronted or attacked by someone else. It is one of the most common types of anger and motivated by revenge of perceived wrong. It could also be deliberate and purposeful.

Strategy: There is need to pause and think before action and ask if reaction will improve situation.

- x. **Self-abuse:** Shame-based type, manifested by feeling of hopelessness, unworthy humiliation or a shame you might have internalized. These are those feelings expressed via negative self-talk, self-harm, substance abuse or display, disordered behavior and increased self-alleviation.

Strategy: Challenge and transform any self-defeating distorted thoughts and feelings experienced; need for mindful meditation.

- xi. **Verbal anger:** This sort is more dangerous than behavioral anger but it can be a form of emotional and psychological abuse that deeply hurts the target of one's anger. Verbal

abuse may be in form of furious shouting, threats, ridicule, sarcasm, intense blaming or criticism.

**Strategy:** Take a deep breath before speaking; delay impulse to lash out.

xii. **Volatile:** This seems to come out from nowhere. The tendency to be very quick to get upset about perceived annoyance is the threat of this type of anger. It can be incredibly destructive as those around you may feel they need to walk on egg shells for "fear of triggering your rage. This type of anger, if unchecked could lead to violent outcomes.

**Strategy:** Identify signs and physical symptoms that proceed from volatile anger and use relaxation techniques, taking deep breaths through till you are calm.

Lastly, there is the paranoid form of anger, this is usually without a cause and mostly due to low esteem. The person imagines that someone is against him and resorts to anger and violence to lash back at imagined attack(s)



# Causes of *Anger*

*Anger is caused by people, situations and circumstances*

*Dr. Kurt Smith*

The emotion of anger is the strongest and potentially the most destructive. Anger is spoken of in many different ways in the church and secular world.

The questions often asked: Is anger a neutral emotion? Is it a work of the flesh? Is it something one can avoid? Must we all give place to anger? In answering these questions, there is the need to find out the causes of anger.

There are many causes of anger that is availed in the Bible and other psychological materials. Some of the causes are herein stated. First, we need to identify what man does to attract the anger of God.

- i. **Sin:** The dictionary defines sin as an immoral act considered to be transgression against divine law. Sin is also defined as Any want of conformity unto or transgression of the law of God.

Sin is failure to meet God's Holy Standard.

Whosoe ver committed sin transgresseth  
also the law

1 John 3 vs 4

Therefore to him that knoweth to do good  
and doeth it not, to him it is sin

James 4 vs 17

No w if I do that I would not, it is no more  
I that do it, but sin that dwelleth in me. I  
find then a law, that when I would do good,  
evil is present with me

Romans 7 vs 20

F or all have sinned, and come short of the  
glory of God

Romans 3 vs 23

F or he hath made him to be sin for us, who  
knew no sin, that we might be made the

righteousness of God in him

2 Corinthians 5 vs 21

Sin, from the above can be seen from the point of commission (1 John 3:4), that of omission (James 4:17) and that due to inheritance due to the rebellion of our forefathers (ancestors) Adam and Eve. In this wise it could be regarded as inborn, inbred and indwelling just as anger is in some instance regarded as inborn in man.

"Now if I do what I do not want to do, it is no longer I who do it but it is sin living in me that does it.'

*Roman 7 vs20*

But thank God for the ministry of reconciliation (*2nd Corinthians 5:11-21*)

When man sins against God, that is if he fails to abide by the laws of God, there is a separation, a sort of being cut off from the live wire from heaven (sin is an insulator to God's blessing). The resulting effect is that man grieves or becomes engrossed in himself (anger); he cannot receive from God and therefore, is exposed to the caprices of the devil.

The above results to anger, from anger to commission of more sins leading to grievous ones and if not stopped in time could lead to damnation. If we avoid sin, and live within God's laws for our lives, then we are less prone to anger. Sin can be manifested in disobedience, murmuring, grumbling, complaining and idolatry. May God grant us the grace to live above sin.

- ii. **Unfulfilled dreams:** Another cause of anger is unfulfilled dreams or when we place high expectation on life without working hard for it. Unfulfilled dreams could be in the area of career, marriage, ministry etc.

In the cause of time Cain brought some of the fruits of the soil as an offering to the Lord

*Genesis 4 vs 3*

And Abel also brought offering, fat portions from some of the first born of his flocks. The Lord looked with favour on Abel and his offering but on Cain and his offering, he did not look with favour. So

Cain was very angry, and his face was downcast

*Genesis 4 vs 4 5*

Then the Lord said to Cain, why are you angry? Why is your face downcast? If you do what is right will you not be accepted. But if you do not do what is right sin is crouching at your door, it is desired to have you, but you must rule over it

*Genesis 4 vs 6 7.*

No w Cain said to his brother Abel let's go out to the field. While they were in the field, Cain attacked his brother Abel and killed him

*Genesis 4 vs 8*

In 1 King 1 vs 1 – 24, Adonijah decided to seize the throne without his father, David's' knowledge. This plan to gain the throne by default was not successful and ended in self-defeat, agony and ultimate death.

iii. **Conflict:** Conflict is simply the disagreement between two or more persons over a shared value. When disagreement is not well handled, it results to anger especially when trust is breached.

In Genesis 13 vs 7, Abraham, noticing a quarrel between his herdsmen and those of Lot, proactively called for a truce before it came to a point of anger and its consequences.

So Abraham said to Lot let us not have any quarreling between you and me or between your herders and mine, for we are close relatives. Is not the whole land before you, let us part company. If you go to the left, I will go to the right, if you go to the right, I will go to the left

*Genesis 13 vs 8 9.*

Equally, in Genesis 27, we saw Jacob through the help of his mother, Rebecca tricking Isaac to give him the blessing, rather than the first son, Esau. When Esau realized that his brother Jacob had taken his blessing away, He was wrath.

Esau held a grudge against Jacob because of the blessing his father had given him, he said to himself, the days of mourning for my father are near, and then I will kill my brother Jacob

*Genesis 27 vs 41*

Jacob fled, on the prompting of his mother due to the threat of his brother Esau, to Laban in Haran. They finally settled after a long time (Genesis 32 and 33) after series of emissaries had communicated between them.

iv. Injustice: Another cause of anger is when one feels that injustice has been done to him or people, and no sense of justice is near.

Da vid burned with anger against the man and saith to Nathan, as surely as the Lord lives, the man who did this must die! He must pay for that lamb four times over, because he did such a thing and had no pity. (*2 Samuel 12 vs 5 6*)

The whole chapter 12, talks about the injustice David meted out to Uriah the Hittite, by collecting his wife and setting him up for death in the battle (Genesis 11). God sent Nathan, the Prophet to give him the message in a parable form to show him the pain of injustice. David, on hearing, it burned with anger. When injustice is not addressed, it could result in anger either openly or bottled anger and the negative consequences.

v. Impatience: Everything in life has its time and season, so there is the need to do our own part, be patient and wait for God's appointed time.

There is time for everything, and a season for every activity under the sun.

*Ecclesiastes 3 vs 1*

He said to them, 'it is not for you to know the time and dates the father has set by his own authority'

*Acts 1 vs 7*

They travelled from mount Hor, along the route to the Red Sea to go around Edom. But the people grew impatient on the way

*Number 21 vs 4*

The children of Israel, because of impatience, got annoyed and spoke against God and against Moses and said why have you brought us up out of Egypt to die in the wilderness? There is no bread here, no water: and we detest this miserable food.

Then the Lord sent venomous snakes among them, they bit the people and many Israelites died

*Numbers 21 vs 6*

## vi. Memories of past traumatic experience

By the rivers of Babylon we sat and wept,  
when we remembered Zion

***Psalm 137 vs 1***

Ho w can we sing the songs of the Lord  
while in a foreign Land.      ***Psalm 137 vs 4***

The song was a communal lamentation by the Jews about being in exile after the Babylonian captivity and the yearning for Jerusalem, as well as hatred for the Holy city's enemies.

In anger, they wept and hung their harps on trees, asking how they could sing a holy song in a strange land. Singing the Lord's song is a good deal and the only food we give to God on a daily basis.

Y et you are enthroned as the Holy one,  
you are the one Israel praises.

***Psalm 22 vs 3***

Let us forget about the past and press further in faith. Any known or unknown sin or situation should be confessed to the God of mercy. One's

life should then be rededicated and committed in the service of the Lord.

Brothers , I do not consider myself yet to have taken hold of it, but one thing I do, forgetting what is behind and straining toward what is ahead.

*Philippians 3 vs 13 14*

**vii. When mocked or offended:**

He who mocks the poor taunt his maker,  
He who rejoices at calamity will not go unpunished.

*Proverbs 17:5*

When we are mocked, we get angry and in some instances get annoyed to a point that we can no longer control ourselves, we lose the Christ-like nature in us.

In the Bible, there were many men of Biblical history that were exposed to all sorts of mockery such as Job (Job 9 vs 23), Jeremiah (Jeremiah 20 vs 7), Nehemiah (Nehemiah 4 vs 3), The Apostles (Act 2 vs 13), and Jesus Christ (Matthew 26 vs 67 68).

However, an example of a Biblical person who reacted badly to mockery was Prophet Elisha. It is recorded that as he was walking on the road approaching Bethel, some boys came out of the city and mocked him.

And he went up from thence unto Bethel,  
and as he was going up by the way, there  
came forth little children out of the city,  
and mocked him, and said unto him, go up  
thou bald head, go up thou bald head

***2 Kings 2 vs 23***

And he turned back, and looked on them,  
and cursed them in the name of the Lord.  
And there came forth two she bears out of  
the woods and tare forty and two children  
of them

***2 King 2 vs 24***

The anger arising from the mocking of Elisha caused the end of forty-two (42) young men and so their vision or purpose in life was wasted. Lesson learnt: any man, no matter the level of anointing, is still man and can get angry; so we need to be weary when talking or condemning some men of God. Let the God that anointed them deal with

any of their perceived shortcomings. Let us commit our men of God daily in prayer.

The soldiers, Mark 15 vs 6 – 20, mocked Jesus Christ.

And when they had mocked him, they took off the purple robe and put his clothes on him. Then they led him out to crucify him

*Mark 15 vs 20*

## OTHER CAUSES OF ANGER

A medical review on Causes of Anger by Timothy J. Legg, 10 October 2017, written by Erica Grino, highlights causes of anger as following:

- ❖ Personal problems, such as missing a promotion at work.
- ❖ Relationship difficulties
- ❖ Problems caused by others such as cancelling plans.
- ❖ An event like bad traffic or getting involved in a car accident
- ❖ Memory of traumatic or enraging events.

Equally, he enumerated the signs of abnormal anger as the following

- ❖ Anger that affects relationship or social life feelings that you must have to hide or hold anger
- ❖ Constant negative thinking and focusing on negative experience.
- ❖ Constantly feeling impatient, irritated and hostile.
- ❖ Arguing with others often and getting angrier in the process.
- ❖ Being physically violent when you are angry.
- ❖ Threatening violence to people or their property, inability to control anger.
- ❖ Feeling compelled to do, or doing violent or impulsive things because you feel angry such as driving recklessly or destroying things.
- ❖ Staying away from certain situations because you are anxious or depressed about your angry outburst.

Anger could also be due to the following:

- ❖ When we have weak boundaries that are not firm in character; when you say yes, when you meant to say no.

- ❖ Anger could arise when we do not have enough sleep.
- ❖ When we have many 'to do list' awaiting our attention, (let us learn to delegate responsibilities).
- ❖ Depression due to increased irritability.
- ❖ When we try to control what is outside our reach. It could draw pressure on us and hence anger.
- ❖ Loneliness: when we are lonely, with no one to talk to and feeling sense of worthlessness and not being appreciated

Anger is one word short of **DANGER**. Let us even in our natural emotional display of anger, be able to put it in-check. Anger destroys marriages, careers, commissions and visions. Let us check it.

## IS ANGER HEREDITARY?

Many People or races believe that anger is hereditary from either their parents, grandparents or from the types, modus and characterization of their idols or gods of their ancestors. However, Buck Black, at mental Help.net states that most experts do not believe that anger runs in the family, but that anger is

a learned behavior assuring that it does not stem from Bipolar Disorder or any other mental illness.

He advises that families teach children how to express feelings, such as being happy, sad, scared, suspicious and angry. If the family members or parents do not handle anger appropriately, then the children are likely to exhibit such behavior. If a family has problems with handling anger, it can be passed from generation to generation. It is up to the individual to decide which way to go, either go the anger way of the parents/families or seek for help to break the link and avoid passing it down the lineage.

However, in contrast to the above, some religious commentators believe that anger is hereditary, using the example of the genealogy of Moses. This school of thought believes that Moses inherited anger from his ancestor, Levi who was a violent person.

'Simeon and Levi are brothers; their swords are weapons of violence. Let me not enter their council, let me not join their assembly, for they have killed men in their anger and hamstrung oxen as they pleased.

Cursed be their anger, so fierce, and their fury so cruel. I will scatter them in Jacob and disperse them in Israel.'

*Genesis 49 vs 5-7*

Levi, is believed being under a curse, became an embodiment of anger and self-will, who passed the anger through the lineage to Moses, more so, Moses' parents came from same lineage. In addition, it is postulated that Moses' ancestors committed manslaughter in their days.

"Let me not enter their council, let me not join their assembly, for they have killed men in their anger and hamstrung oxen as they pleased,"

*Genesis 49 vs 6*

Moses killing an Egyptian in his early days replicated the above, ". Looking this way and that and seeing no one, he killed the Egyptian and hid him in the sand"

*Exodus 2 vs 12*

The argument here should not be whether anger is a learned behavior or inherited, but that anger, should not be allowed to run in the family. Any sign or manifestation of untamed anger should be checked and treated accordingly.





## Men Who Exhibited *Anger in the Bible*

This chapter will look at some select men who exhibited anger in the Bible, draw lessons from their life's experiences and assess the effect of their anger on them, people around them and their environment.

Five men who exhibited anger in the Bible will be considered viz

- i. **Cain** Genesis 4.
- ii. **Moses** Exodus 2 vs 12, Numbers 20, Deuteronomy 9 vs 7
- iii. **Balam** Numbers 22 & 23
- iv. **Elisha** 2 Kings 2 vs 23-24
- v. **Jesus Christ** Mark 11 vs 15-17, Mark 12 vs 24 - 38, Mark 11 vs 27-33, Mark 7 vs 6 -9

- **Cain Genesis 4**

Cain was angry, as his sacrifice was not accepted, while that of his brother Abel was accepted.

Then the Lord said to Cain why are you angry? Why is your face down cast?

*Genesis 4 vs 6*

Cain from anger to rage went ahead to kill his brother

No w Cain said to his brother Abel, let us go to the field while they were in the field; Cain attacked his brother Abel and killed him.

*Genesis 4 vs 8.*

God cursed him and drove him away from the land, the land no longer yielded its crop for him and he became a restless wanderer on earth.

Commentaries have it that Cain's problem was not his sacrifice but that his heart was not right, while Abel's heart was right. Cain ought to have addressed or found out why his offering was not accepted rather than passing the blame to his brother.

The lesson/question therein: what is the state of our heart when giving or sacrificing our hearts or time and resources to the service of God? Are we obliged or being coaxed into the service of God? In addition, it will be apt to note that anytime our request is not granted, there is the need to check why our gift, prayers or services are not accepted, rather than passing blames and getting unnecessarily angry.

- **Moses (Numbers 20)**

Moses was called and molded by God to lead the Israelites out of Egypt to the Promised Land. During the course of sojourn, God wrought a lot of miracles through Moses for Israelites' sake such as plagues against the Egyptians, crossing the Red Sea, provisions of food (manna and quails). He also gave them the 10 commandments to guide their ways and conduct. However, the Israelites became very quarrelsome and discontented, disobeying Moses and Aaron and in some instances challenging their authority. The above got Moses, in most cases, angry causing him to dishonor God and missing the opportunity to enter the Promised Land he had toiled for over

40 years to reach. He was shown the Promised Land but he could not enter it.

Some of Moses anger reactions are herein stated.

Looking this way and that and seeing no one he killed the Egyptian and hid him in the sand.

*Exodus 2 vs 12.*

'When Moses approached the camp and saw the calf and the dancing, his anger burned and he threw the tablets out of his hands, breaking them to pieces at the foot of the mountain.'

*Exodus 32 vs 19*

God had directed Moses and Aaron to gather the people, speak to the rock before their eyes and it would pour out its water, Numbers 20 vs. 7-8. But Moses, in anger arising from persistent complaint from the people, called the people rebels then raised his hand and struck the rock twice with his staff.

listen, you rebel, must we bring you water out of this rock, Then Moses raised his arms and struck the rock twice with his

staff. Water gushed out, and the community and their livestock drank.

### ***Numbers 20: 10 vs 11***

But the Lord said to Moses and Aaron 'because you did not trust in me enough to honor me as holy, in the sight of the Israelites, you will not bring this community into the land I gave them.

### ***Number 20 vs 12***

Moses, in anger, did not honour God but allowed anger to overwhelm him to the point of his taking God's glory 'listen you rebels, must we (Moses and Aaron) bring you water from the rock'.

#### **Lesson to note:**

As leaders, we are prone to be nagged, maligned, slandered and rebelled against, but we should always ask for grace to hold down our anger. The heavenly race is a personal one and care must be taken to ensure that no person, people, or circumstances derail us from the path. It further brings to fore the need to always check our

spiritual compass to ensure we are always on course especially for spiritual leaders.

- **BALAAM Numbers 22 & 23**

Balaam the prophet was summoned by Balak to go and curse the Israelites who were camped along the Jordan across Jericho, for "Moab was filled with dread" because of the Israelites, (Numbers 22 vs 3b). However, after much persuasion Balaam saddled his donkey and went with Moabites officials to see Balak, the king of Moab. On the way an angel of the Lord stood on the road to oppose him.

Balaam did not see the angel with a sword but the donkey on which he rode saw the angel, and frightened, it laid down causing Balaam to get angry and beat the donkey with his staff, (Numbers 22 vs 27b).

Then the Lord opened the donkey's mouth and it said to Balaam "what have I done to you to make you beat me these three times? (Number 22 vs 28).

Balaam answered the donkey; you have made a fool of me, if only I had my sword in my hand, I would kill you right (Numbers 22 vs 29)

Here it could be seen that the anger of Balaam arose from his spiritual insensitivity. The donkey could see the angel of God and saved him from death. Equally, the angel of God told him, "I have come here to oppose you because your path is a reckless one before me, (Numbers 22 vs 32b).

Commentaries state that though Balaam had knowledge of God, he did not totally forsake his magic to turn wholeheartedly to God (therein lies his spiritual insensitivity). Later in his life, he fell into the temptation of money and idolatry. (Numbers 31 vs. 16, 2 Peters 2 vs 15, Jude 11).

- **ELISHA 2 King 2 vs. 23 – 24**

Elisha succeeded Elijah as a prophet of God to Israel. His ministry lasted for 50 years and had great impact in Israel, Judah, Moab and Aram. A man of high integrity, he stayed with Elijah to the end, he requested for a double portion of Elijah's spirit. He stayed patiently, fulfilled the condition

and at the end received the double spirit of Elijah. It is on record that he did more miracles than Elijah during his sojourn in the ministry.

However, Elisha with his double spirit was still a man with emotions. On one occasion, he could not control his emotion of anger when some boys mocked him; he cursed the boys and two bears came out of the woods (forest) and mauled (killed) forty-two of them.

From there Elisha went up to Bethel. As he was walking along the road, some boys came out of the town and jeered at him 'get out of here, baldy'; He turned around looked at them and called down a curse on them in the name of the Lord. Then two bears came out of the woods and mauled forty-two of the boys

*2 Kings 2 vs 23 – 24.*

Commentaries have it that the youths were from Bethel, the religious centre of idolatry in the Northern Kingdom and probably were teasing Elisha about not coming to disturb them in their sin (comfort zone), as his predecessor (Elijah)

did. They showed great disrespect for Elisha and God's power or anointing in his life. Elisha only cursed them, but did not call out the bears himself, so what did?

- **Haman Esther 3**

Haman was second to Persia's King Ahasuerus. The desire to control others and receive honour was his highest goal and it made him arrogant. Therefore, when Mordecai, a Jew and official in the palace refused to bow to any one including Haman except God, Haman was enraged and sought to destroy not only Mordecai, but also his people, the Jews, throughout the kingdom. All the royal officials at the king's gate knelt down and paid honour to Haman, for the king had commanded this concerning him, but Mordecai would not kneel down or pay him honour, Esther 3 vs. 2

When Haman saw that Mordecai would not kneel down or pay him honour, he was enraged. Yet having learned who Mordecai's people were, he scorned the idea of killing only Mordecai. Instead

Haman looked for a way to destroy all Mordecai's people, the Jews, throughout the whole kingdom of Xerxes

*Esther 3 vs 5-6*

Commentaries have it that Haman was an Agagite, the descendants of Agag, king of the Amalakites (1 Samuel 15 vs 20). The Amalekites were ancient enemies of the Israelites (Exodus 17 vs. 16). Therefore, Haman's hatred was not only directed at Mordecai, but to all the Jews. The Jews however, looked to God as their final authority and not man; there lies their boldness in the things of religion and mode of worship and reference.

Haman, in his hatred, which inspired anger, plotted to destroy, kill and annihilate all the Jews young and old, women and children. (Esther 3 vs. 13 14). However, Mordecai persuaded Esther to intervene for the Jews and with the help of God through prayers and fasting, Mordecai ended up being honoured, while Haman's hatred and evil plot turned against him. The king discovered all of Haman's true wicked intentions and he was hanged on the gallows he prepared for Mordecai.

The King said, Hang him on it so they hanged Haman on the gallows he had prepared for Mordecai. The king's fury subsided.

*Esther 7 vs 10*

### **Key verse to note**

Since Mordecai, before whom your down fall has started is of Jewish origin, you cannot stand against him. You will surely come to ruin.

*Esther 6 vs 13b*

In anger, please let us control ourselves and know our limit. A Yoruba tribe in Nigeria has a saying which interprets if we are crying, we are seeing which means that even in our anger or foolhardiness our subconscious should still be active or we might end up being destroyed in our anger.

- **Jesus Christ**

Jesus Christ, our Lord and Savior came into the world as human to enable us draw the lesson that as humans, we can live a near sinless life (Luke 1 vs. 26 – 31). Jesus' life exemplified the fact that

true believers can live a holy, acceptable and stress-free life in all ramifications.

The intent here is to look at the human emotion (anger) of Jesus Christ in some situations and draw lessons therein on how He dealt with the situation warranting such outburst and that should be a guide to us in managing our emotional life.

Four instances will suffice:

- i. Jesus clears the temple: John 2 vs. 13 – 16. As it was then almost time for the Jewish Passover, many commercial activities took place in the court of the temple and vicinity. However, Jesus Christ noticing this, made a whip of cords and drove all from the temple courts including both sheep and cattle; He scattered the coins of the moneychangers and overturned their tables (Luke 2 vs. 15). To those who sold doves, He said, get these out of here: stop turning my father's house into a market.

Commentaries have it that since it was a period of Passover, it was easier for foreigners to buy their animals there than coming with it. In addition,

they needed to change their money to local currencies to enable them pay the temple tax. However, another commentary stated that Christ's anger or annoyance might have been on the extortion of the merchants, as the price of sacrificial animals and other accompanying items were made higher for higher profit. They were seen as dishonest and greedy. Equally, the moneychangers hiked their exchange rates during this period.

Any way we look at it or considering the two (2) commentaries and relating it to today's church activities, like crusades, conventions, musical concerts and the rest, is it equally in tune with the days of the Jewish Passover events with selling of all sorts of items in church and during any programmer? If Christ was to be around, would He be happy or sad as He was in those days. No matter the commentaries of those days and that of today, can we in all sincerity accept Jesus word stop turning my Father's house into a market. Therein lies the instruction and take-home or think-over sentence.

ii. Jesus' warning against the hypocrisy of religious leaders (Matthew 23 vs. 1 – 4)

Here Jesus warned the Pharisees on the need not to place fabricated laws on the same pedestal as God's law and to be doers of the word. They should preach to themselves and that they should not behave like the hypocrites. They did not care about being holy, just looking holy in order to receive the people's adoration and praises. Since Jesus is Christ, He saw that their hearts were at variance with what they were preaching, an outward deceptive disposition. Therefore, He was angry about their hypocritical deceptions. He had to speak out in anger to correct them and the situation.

iii. Jesus heals a man on Sabbath (Mark 3 vs 1 – 6)

The Pharisees were not happy with Jesus for exposing their hypocritical attitudes. They were always looking for a reason to accuse Jesus, and so they watched him closely to see if He would heal a man on Sabbath day.

Then Jesus asked them 'which is lawful on the Sabbath, to do well or to do evil, to save

life or to kill? But they remained silent.

***Mark 3 vs. 4.***

He looked around at them in anger and deeply distressed at their stubborn hearts, said to the man 'stretch out your hand' he stretched it out, and his hand was completely restored. Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.

***Mark 3 vs 5 6***

- iv.      Jesus cursed the fig tree: Matthew 21 vs 18  
                22, Mark 11 vs 20 21

Early in the morning, as Jesus was on his way back to the city, he was hungry. Seeing a fig tree by the road, he went up to it but found nothing on it except leaves, He said to it May you never bear fruit again. Immediately the tree withered.

***Matthew 21 vs 18 19***

It is noticed that in late spring most trees do not develop matured fruits. This particular fig tree was different, as it was full of leaves, but no fruit.

It is an earlier bloomer, its foliage signals it should have early figs; however it did not, so that surprised Jesus.

A commentary postulates that it was an acted-out parable, showing Jesus anger at religion without substance. As the fig tree looked good from a distance, but was fruitless on close examination, so the temple looked impressive at first glance, but the sacrifices and other activities were hollow because they were not sincerely done to worship God. What about Christians today? Even though, we are fed with the "word" and even recite the word but no fruit; that is the reality of today's Christianity.

### **Consequence of Jesus' Anger.**

Jesus anger, which is equally called holy anger, is founded on the need to admonish man or people against doing evil or walking against the laws of God. The following will surface:

- i. Jesus anger had a proper motivation, right reasons and lessons
- ii. His anger had a proper focus, not being angry at God's weakness but of sin.

- iii. His anger had proper control, not dragging longer than necessary.
- iv. His anger had proper limit, not turned into bitterness.
- v. His anger had proper result - turning people from their evils ways.

The men who exhibited in the Bible looked at here were Cain, Moses, Elisha, Haman and our Lord Jesus Christ. The anger exhibited by our Lord Jesus Christ - directed at moral situations or circumstances and was equally within control, is that which is recommended to all Christians to abide by in our normal life activities.

However, we saw uncontrolled anger in Cain and its consequences; Moses even in a very difficult situation lost out of entering into the Promised Land because of the stubbornness of the Israelites. Elisha cursed about forty-two boys resulting in their death by the bears. Haman, because of his rage and wickedness, was hanged on the gallows he prepared for Mordecai.

The examples above bring to fore the need for all of us to watch our anger as the consequences might not only be detrimental to ourselves but to those around us and those that offend us. May God grant us the grace to live within the threshold of our anger in Jesus name?

## 6

## Consequences of *Anger*

**C**onsequences of anger will be culled from the Biblical view and the psychological viewpoint. However, before delving into the consequences of anger, it will be apt to state that anger is not totally a bad emotion; people, situations and circumstances mostly beyond control cause it generally. However, uncontrolled anger is that which draws some negative consequences.

In this wise, it will be necessary to identify the two (2) ways people express anger inappropriately:

- i. **Explosive anger:** Here there is little control over anger tending to rage and most times leads to physical abuse or violence. A person with rage can isolate himself from family and friends

resulting in low self-esteem and then resort to using anger in a way to manipulate others and feeling powerful.

**ii. Repressive anger:** Some persons consider anger as an inappropriate or bad emotion and so choose to suppress it either to look good or to avoid hurting others. However, bottled anger often results in depression, anxiety and other health challenges.

The negative consequences of untamed anger are herein stated:

- Biblical inference

**i. Anger destroys destiny:** God's anger against man for disobedience in the Garden of Eden brought about curse and the change of course for humanity (Genesis 3). Equally anger on man's wickedness on earth, brought about the flood.

I will wipe from the face of the earth the human race I have created and with them the animals, the birds and the creatures that move along the ground, for I regret that I have made them (Genesis 6 vs 7).

In addition, the anger of Elisha when some children at Bethel mocked him led to the destruction of forty-two of those children by two bears and consequently the termination of their destinies. (2 Kings 2:23-24)

Moses lost his destiny of reaching the Promised Land to anger prompted by the Israelites. The original direction in Exodus 3 was for Moses to prepare for God to use him to lead the Israelites into the land of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites a land flowing with milk and honey. However, anger terminated his destiny of entering the Promised Land. (Numbers 20 vs 12).

## **ii. ANGER CAUSES PAIN, MURDER AND DEATH**

God regretted making man because of man's wickedness that caused great pain to God, making Him place a curse on man, His priced creature.

Equally, when Jacob fraudulently got Esau's blessing from their father (Isaac), Esau was pained resulting in a sad countenance and he wept.

Esau said to his father, do you have only one blessing, my father? Bless me too my father, then Esau wept aloud.

***Genesis 27 vs 38***

Esau held grudge against Jacob because of the blessing his father had given to Jacob. He said to himself the days of mourning for my father are near, and then I will kill my brother Jacob.

***Genesis 27:41***

The effect of anger from the psychological view point is mainly manifested in physical effects and health problems.

## **PHYSICAL EFFECTS**

Anger triggers the body's fight or flight response; also fear, excitement and anxiety are triggered. The adrenal gland floods the body with stress hormones such as adrenaline and cortisol. The brain shuts

blood away from the guts toward the muscles in preparation for physical exercise, increased heart rate, blood pressure and respiration; the body temperature rises and the skin perspires.

## **HEALTH PROBLEM**

The constant flood of stress chemical and associated metabolic changes that go with ongoing unmanaged anger eventually cause harm to many organs of the body.

Unmanaged anger can result to all sorts of sicknesses.

Anger from the above can be manifested in the following ways:

- Anger affects your physical wellbeing, daily activities, extra-curriculum activities, feeling of remorse and shame.
- Anger affects the health, causes heartache and could result in heart attack and stroke. Chris Aiken (MD) Instructor, Clinical Psychiatry at Wake Forest University of Medicine and Director of Mood Treatment Centre in Winston Salem, North Carolina, stated that in two hours after an

angry outburst, the chance of having a heart attack doubles.

- Anger could result to mad rage, domestic violence, physical abuse and murder.
- Anger affects relationships, destroys marriages, friendships and families.
- Anger could be devastating to children, if marriage is affected and divorce involved.
- Anger affects people around us, makes people upset, intimidated and afraid.
- Anger increases level of anxiety, shortens lifespan due to impact on the body.
- Anger weakens the immune system and makes the body vulnerable to sickness.

An American Medical Associate result of a study on teenage anger, by the University of Health Science Centre in Houston, reveals teenagers that do not manage their anger are at higher risk of gaining weight than those who do. They further stated that, sicknesses associated with anger include ulcer, high

blood pressure, possible stroke etc. they opined want to lose weight, lose anger.

## **OTHER CONSEQUENCES OF ANGER**

- Anger leads to more anger
- Anger can become addictive
- Anger leads to hostility and lawsuit.
- Anger always needs reconciliation
- Anger brings physical, emotional and social damages to our lives and others.
- Anger leads to conflicts, war and destruction

## **SHORT/LONG TERM HEALTH PROBLEMS ASSOCIATED WITH UNMANAGED ANGER**

- Headache
- Digestion problems such as abdominal pain
- Insomnia
- Increased anxiety
- Depression
- High blood pressure
- Skin problems such as eczema
- Heart attack
- 

Anger can be positive if channeled and well managed, however, it is more frequent occurrence

and the degree of intensity is what leads to harmful consequences in its extreme forms. It can cause personal injuries to one, loves ones and at the extreme case lead to murder or death.



## Handling *Anger*

Refrain from anger, and turn from wrath, do not fret; it leads only to evil

*Psalm 37 vs. 8*

Do not make friends with a hot tempered person, do not associate with one easily angered or you may learn their ways and get yourself ensnared

*Proverbs 22 vs. 24 - 25*

The above two passages give vent to the danger of unmanaged anger and advice on what to do to prevent it. The first passage advises to refrain from anger considering its effect, which God says, is evil. Equally, the second passage advises that we do not

make friends with a hot-tempered person, as anger is contagious.

Holistically, anger to some people is a weakness, while to others it is a sort of strength. Anger is equally seen as an effect arising from a cause, so once we can identify the cause of anger, then we can start dealing with it appropriately.

In the last chapter much of the causes of anger were highlighted, so in this chapter, some handling techniques to anger will be put forward.

Handling anger from the Biblical view:

### i. Prayer

Create in me a pure heart oh God, and renew a steadfast spirit within me.

*Psalm 51 vs 10*

We need to continually pray to God to give us a pure heart, as only right conduct can come out from a pure or clean heart and right or steadfast spirit

### ii. Meditation

Keep the Book of the law always on your lips; meditate on it day and night, so that

you may be careful to do everything written in it.

***Joshua 1 vs. 8a***

Meditating daily on the word of God makes you able to keep your lips in check, be a more careful and considerate person and reduce your chance of getting into any unmanaged anger.

### **iii. Deliverance**

I sought the Lord, and he answered me, he delivered me from all my fears.

***Psalm 34:4***

When we are faced with situations especially that have to do with our emotion, we need to cry to God for deliverance. Anger is a secondary emotion, as fear is a primary emotion, so we need Gods intervention to enable us remove the root cause of anger. He is willing and able to deliver us when we cry to Him in righteousness.

The righteous cries out, and the Lord hears, then he delivers them from all their troubles

***Psalm 34 vs 17***

#### iv. Positive attitude/disposition

I praise you because I am fearfully and wonderfully made, your works are wonderful, and I know that full well

*Psalm 139 vs 14*

The word of the Lord said we are fearfully and wonderfully made, so you need to love yourself, talk sweet words to yourself, do not believe in negative reports or what others say or feel about you, possess a positive attitude to life, create a sense of humor around yourself and be happy in all situations.

Other, ways of handling anger from the Biblical point of view are:

#### v. Acknowledge your anger

In your anger do not sin. Do not let the sun go down while you are still angry.

*Ephesians 4 vs. 26*

When we acknowledge something, it is half way solved; some would not accept the fact of their short temperament, so continue to dwell in it to their detriment. Let us acknowledge anger and other

things in our lives that could grant the devil a foothold in our lives.

#### vi. Power of forgiveness

While they were stoning him, Stephen prayed Lord Jesus receive my spirit, then he fell on his knees and cried out Lord do not hold this sin against them when he had said this he fell asleep

*Acts 7 vs. 59 60*

As Christians, we must pray for the grace of God to give us the power of forgiveness, even in the most painful or difficult situation. Stephen, even at the point of death, forgave, so he was received in heaven.

Handling anger from the psychological point of view entails the following:

- Become aware of your early warning sign of anger (different for each person)
- Physical exercise helps to reduce built-up stress. It is advised to breathe deeply from within one's lungs inhaling and exhaling slowing.
- Recognize and accept anger as an emotion that is a normal part of life.

- Plan ahead to handle difficult situations.
- If you feel strong anger, walk away from the situation slowly, and take time to respond
- Notice negative thoughts that trigger your irritation.
- Try to pinpoint the exact reason for the annoyance, so you could remedy it later.
- Once you identify the cause of the anger, consider the strategy to remedying the situation.
- Express your emotion without blaming the other person.
- Talk to someone you trust about your feeling.
- Forgive but do not forget, forgetting is like bottling it, more so you need to deal with the cause to avoid a repeat.
- When angry, do not medicate i.e. do not take any drugs to try calming you down; just walk away or take a deep breath.
- Improve your intra and interpersonal communication skills.

- Ask for help if you are struggling with anger management

## **DEALING WITH SOMEONE ELSE'S ANGER**

It is one thing to deal with our anger and another thing to deal with another person's anger, especially if it is a person you cannot walk away from, like one's spouse, family member or colleague. The following suffice:

- Do not ignore the person
- Be open to listening to what they have to say
- Keep your voice calm when they are upset
- Try to talk things through
- Acknowledge their distress, and do not be discourage as to feel like backing down; if you disagree your opinion is important too.
- Avoid pushing advice on them.
- Give them space if they need it.



# 8

## *Conclusion*

The exposition, Danger in Anger, is just an attempt to exploit the topic Anger, as the consequences of unmanaged or untamed anger is capable of putting the world on the edge of danger.

Anger is one of the most powerful and complex of all human emotions. It has no religion, creed, race or ethnicity. It is in men, women and even in animals. Anger is something any human being cannot avoid. However, it varies from one person to another. Anger in itself is a supra-individual entity, which exists in every human being and in different measures. What distinguishes one person from the other is the capacity to handle anger, that is, not to allow anger

get to the height of the spectrum, resulting to rage and violent disposition.

According to Zoltan Kovcses, it is a basic level and a prototypical emotion category, which occupies a central importance in the mapping of human emotion. J.M. Ranvrez and J.M. Andreu have described anger as a psychobiological and subjective experience that is frequently accompanied by autonomic nervous system arousal, which manipulates perceived realities through cognitive distortions and deficiencies and affecting socially constructed and reinforced scripts.

Matthew Michael (2015), states that more specifically, anger negates our humanness and subconsciously transports the angry person to the dark region of unconscious repression where the remaining dormant animal-self is forcefully brought back to life. In this exalted phase, anger directly breaks through our fenced self, the civility of our charming personalities, conditioned temperament, culture inhibition and transforms one into an animal-like entity with facial, vocal and other bodily changes that individually take one back into the border land of savagery/insanity.

Arising from the above, the book looks at some select definitions of anger from the conventional and Biblical perspectives. It situates it as a strong/violent feeling, emotion or an outburst of wrath from inward indignation. It also views anger from three (3) perspectives, the Old Testament, the messianic and the apostolic perspectives.

It further looks at what the Bible says about anger: is anger always a sin. The various types, forms and causes of anger were discussed in depth, some examples of men who exhibited Anger in the Biblical was studied to enable us draw some lessons from their experiences, to act as guide to enable us properly handle anger in our everyday life experience.

Chapter six of the book looks at the consequences of untamed anger in our lives, family and society, as untamed anger destroys destiny, causes pains and could lead to murder and death. It concludes with the Biblical and psychological ways of handling anger and tips on how to deal with other people's anger.

It is my belief that we will, after reading this book, learn one or two useful things about anger, as I have in the cause of this work learnt not to bottle up anger, (personal short coming) but to split up nagging issues for discussion with the person or people involved. The first step is for us to realize that, anger is human, then for us to realize our anger type (self-realization) then we could work on the strategies that could help us to put the anger type to possible remediation. Let us equally be ready to seek medical assistance if necessary. Please let us watch our anger level, before the invisible but always abiding "D" creeps in to it and the consequences therefrom. Please let us remember that, Anger is one-word short of Danger"

# *Anger Quotes*

- ❖ Anger and jealousy can no more bear to lose sight of their object than love.

*-George Eliot*

- ❖ Get mad, then get over it

*-Collins Powell*

- ❖ If you get down and quarrel every day, you are saying prayers to the devil, I say.

*- Bob Marley*

- ❖ Anger and intolerance are the enemies of correct understanding

*- Mahatma Gandhi*

- ❖ Anger is an acid that can do more harm to the vessel in which it is stored than anything on which it is poured.

*- Mark Twain*

- ❖ Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who is burned.

*- Buddha*

- ❖ Anybody can become angry, that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way, that is not within everybody's power and is not easy.

- Aristotle

- ❖ When anger rises, think of the consequences

- Confucius

- ❖ There are two things a person should never be angry at, what they can help and what they cannot.

- Plato

- ❖ For every minute you remain angry, you give up sixty seconds of peace of mind.

- Ralph Waldo Emerson

- ❖ Anger is caused by people, situations and circumstances

- Dr. Kurth Smith

- ❖ Human anger is goal-driven

- Nadia Persun

- ❖ Anger triggers other negative impulses  
- *Anonymous*
- ❖ Anger is contagious  
- *Proverbs 22 vs 24*
- ❖ Nobody ever forgets where he buried a hatchet  
- *Kin Hubbard*
- ❖ Anger could be hereditary  
- *Anonymous*
- ❖ I shall not allow a man to belittle my soul by making me hate him.  
- *Booker T. Washington*
- ❖ Whatever is begun in anger ends in shame  
- *Benjamin Franklin*
- ❖ Anger is never without a reason, but seldom with a good one  
- *Benjamin Franklin*
- ❖ When angry count to ten, before you speak; if very angry, count to one hundred.  
- *Thomas Jefferson*
- ❖ Hate is inveterate anger  
- *Marcus Tullius Cicero*

- ❖ You will not be punished for your anger; you will be punished by your anger.

*- Buddha*

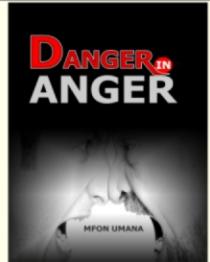
- ❖ There is nothing wrong with anger, provided you use it constructively.

- ❖ Bitterness is like cancer; it eats upon the host. But anger is like fire; it burns it all clean.

*Maya Angelou*

## ABOUT THE BOOK

**A**nger has no religion, creed, race, or ethnicity. It is in man, woman, children, and animals. The only difference is that humans unlike animals have the inbuilt ability to tame its anger.



The book "Danger in Anger" is a challenge to humanity on the consequences of untamed anger in our life's, family and environment, and a plea to put it in checks, to avoid the danger of putting the world peace in Danger.

"When anger rises, think of the consequences ..... Confucius.

## ABOUT THE AUTHOR

**T**he author is a retired security officer of the Nigeria's foremost elite Intelligence Service. He is a security consultant, trainer and Public Security Awareness Advocate for Nigerians. He is the senior partner in MUU-Security Limited (MSL) and MUU-Books, Abuja.

He hails from Ikot- Obong village of Ikpa-lbekwe, Ikot Abasi Local Government Area, Akwa ibom State, Nigeria. Attended St Patrick Catholics Church, Yaba-Lagos. Methodist Boys' High School, Oron, Akwaibom State (1976 -1981) University of Abuja and the University of Ilorin. Course 4 Nassarawa State University keffi (PHD) in view.



He is the author of books; Church Security (a security guide for today's church), 20 Inspirational Biblical Facts, Power of Intercession, Basic Security Tips, Happiness "a Personal Choice" Security Manual for the Church, Security Manual for the Workplace and Security for Beginners.

He speaks at security conferences, and features as guest writers for some National daily Newspapers. He is married with children.