

# ANGER IS (ALMOST ALWAYS) BAD & UNHEALTHY

Christian men often try to justify their anger with excuses like “anger isn’t always bad!” While that’s true, it’s imbalanced.

There are sixty verses in the New Testament that speak about anger. Let’s take a look...

## GOD’S RIGHTEOUS ANGER - 56.7%

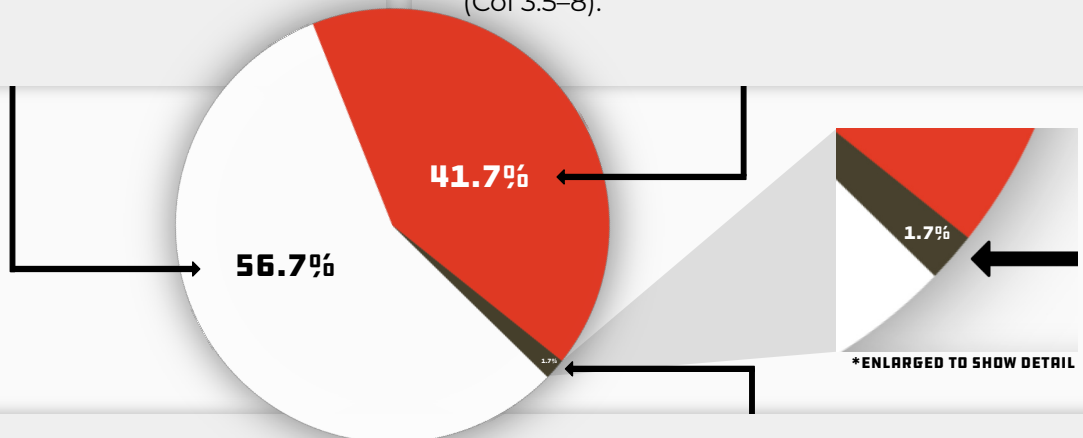
A majority of the references to anger in the New Testament refer to God’s wrath. Unlike us, God never sins and his anger is always good and just.

For Christians, God took this righteous wrath onto himself to save us from our sins.

## SINFUL HUMAN ANGER - 41.7%

There are countless examples in the New Testament of angry people raging against God and against one another.

There are also plenty of commands in the New Testament to avoid this kind of sinful anger. Don’t excuse anger, put it to death (Col 3:5–8).



## RIGHTEOUS HUMAN ANGER. ONE VERSE. - 1.7%

Ephesians 4:26 commands Christians to “Be angry and do not sin.” There are times when Christ’s followers are angry without sin.

A few thoughts here...

1. There’s only one verse. Don’t build your understanding of anger on this one verse, ignoring the other 59.
2. Righteous anger is concerned about the welfare of other people and the glory of God, not our own comfort. In your anger, are you loving God and loving others (righteous), or are you merely concerned about your own comfort (sinful)?
3. In the same paragraph, we are commanded to “Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice” (Eph 4:31).

Anger is usually sinful, so don’t excuse it, put it away.

# NEW TESTAMENT REFERENCES TO ANGER

Don't just take our word for it. Here's a list of every New Testament verse that speaks about anger.

## GOD'S RIGHTEOUS ANGER

Matt 3:7  
Mark 3:5  
Luke 3:7  
Luke 21:23  
John 3:36  
Romans 1:18  
Rom 2:5  
Rom 2:8  
Rom 3:5  
Rom 4:15  
Rom 5:9  
Rom 12:19  
Rom 13:4  
Rom 13:5  
Eph 5:6  
Col 3:6  
1 Thess 1:10  
1 Thess 2:16  
1 Thess 5:9  
Heb 3:11  
Heb 4:3  
Heb 10:27  
Heb 11:27  
Rev 6:16  
Rev 5:17  
Rev 11:18  
Rev 12:12  
Rev 14:10  
Rev 14:19  
Rev 15:1  
Rev 15:7  
Rev 16:1  
Rev 16:19  
Rev 19:15

## SINFUL ANGER

Matt 5:22  
Matt 18:34  
Matt 22:7  
Luke 4:28  
Luke 6:11  
Luke 14:21  
Luke 15:28  
John 7:23  
Acts 4:25  
Acts 5:33  
Acts 7:54  
Acts 12:20  
Acts 19:28  
Acts 26:11  
Rom 10:19  
2 Cor 12:20  
Gal 5:20  
Eph 2:3  
Eph 4:31  
Eph 6:4  
Col 3:8  
1 Tim 2:8  
James 1:19  
James 1:20  
Rev 11:18

## RIGHTEOUS ANGER

Eph 4:26