

DIFFERENT KINDS OF ANGER & GROWTH OF ANGER

Righteous Anger: we express anger when we see an injustice committed, but we do not sin in our anger by exacting justice by our own hands. "Godly people are angry when God is angry. It is anger which is consistent with the holy and righteous character of God... Godly anger is always under the control of the one expressing it, rather than anger taking control of them."¹

Selfish Anger: a sense of entitlement. Someone has not acknowledged our hard work and efforts, or they may have failed to meet our expectations. Selfish anger controls the person expressing the anger. Selfish anger does not bring about the righteous life God desires.

Resentment: anger with a history. Someone has done something wrong to us, the problem has gone unresolved, and we want justice which seems to never come (justification, rationalization, minimization, etc.).

Bitterness: as a cousin to resentment it becomes a hostile anger. We rehearse the events of the past to the point where they negatively impact our personality leading to unforgiveness. We then blame others for our misery. Bitterness opens the door for Satan and his demonic forces to do their work in our lives leading to destruction, because we criticize, condemn, call names, complain, cuss and swear, and judge; and it destroys the relationships with those closest to us because our personality has become toxic. "Ungodly anger inflames emotions, exaggerates issues and hinders godly correction. It leads to be less rational and more self-justifying. It deals with people harshly. Loud, threatening talk can echo in a person's mind for a lifetime."²

Hatred/Rage: Unchecked bitterness festers into hate with a means to get revenge. This may possibly lead to murder, physical, emotional, and mental injury, etc.³ It also causes many physiological problems for the unforgiving person: depression, anxiety, many other associated illnesses. "Satan may take advantage of unresolved anger to promote some other sin, such as slander, strife, or even physical violence... Satan recognizes anger as a fertile field, capable of producing all kinds of sin, and sin is his specialty."⁴

¹ Bob Deffinbaugh. Ephesians: The Glory of God in the Church: Righteous Anger (Ephesians 4:26-27). May 26, 2004. <https://bible.org/seriespage/14-righteous-anger-ephesians-426-27> .

² Alexander Strauch. Leading with Love. Louis & Roth Publishers. Littleton, CO. 2006. (Pgs. 143-144).

³ Leon F. Seltzer, Ph.D. Evolution of the Self: Don't Let Your Anger "Mature" Into Bitterness: Bitterness: What's It's Cause, Cost, & Cure? January 15, 2015. <https://www.psychologytoday.com/blog/evolution-the-self/201501/don-t-let-your-anger-mature-bitterness>

⁴ Bob Deffinbaugh. Ephesians: The Glory of God in the Church: Righteous Anger (Ephesians 4:26-27). May 26, 2004. <https://bible.org/seriespage/14-righteous-anger-ephesians-426-27>.