

## **Anger Woes**

### **Ready:**

**". . . for man's anger does not accomplish God's righteousness."**

-James 1:20

### **Set**

Anger. It's something everyone deals with every day. It may be slight (i.e. being fouled in a basketball game) or significant (being robbed). There are various degrees of anger, but it all carries the same danger of sin.

Look at Christ. Jesus committed no sin and yet He Himself became furious when people had turned His Father's house into "a den of thieves" (Matthew 21:13). Being angry is not wrong. Many times we are fully entitled to becoming frustrated and angry with people, but we have to control ourselves to make our responses glorifying to God. We must continually strive to show Christ's love no matter what our situation. Jesus may have put on a show by turning over tables in the temple, but it was done in such a way that people would learn a lesson. Christ always used Scripture to back up His actions.

I'm not saying that we can all turn over the "tables" in our lives, but I am saying that anger--justified, suitable anger--is normal. Just remember that it is our reactions that determine whether or not we sin. I encourage you today to memorize a few verses to combat the typical actions anger causes: hateful speech, judgemental thoughts and rude behavior. Remember, God created us with emotions, and every emotion can be used to give glory to a truly awesome Creator.

### **Go**

1. Have you ever said anything when you were angry that made an argument even larger?
2. Was there a time when you were truly wronged and you refused to overlook the offense?
3. How can you glorify God while angry?

### **Workout**

Proverbs 15:1, 19:11

Mark 11:15-17

Ephesians 4:26-27

Colossians 3:17

### **Bible Reference:**

James 1



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:**<https://fcaresources.com/devotional/anger-woes>