

Strength for Today

“Walk . . . with all . . . gentleness” (Ephesians 4:1-2).

Our anger must be under control and should occur only for the right reason.

After the previous lesson, you might think that Christians must always be quiet and passive, never getting upset or angry about anything. Actually, believers do have the right to get angry, but only under certain conditions. Ephesians 4:26 says, “Be angry and yet do not sin; do not let the sun go down on your anger.” So there is a certain kind of anger that isn’t sinful. It must be under control, and it must be resolved expeditiously.

Proverbs 25:28 says, “Like a city that is broken into and without walls is a man who has no control over his spirit.” Someone who is out of control is vulnerable. He falls into every temptation, failure, and weakness. On the other hand, “He who is slow to anger is better than the mighty, and he who rules his spirit, than he who captures a city” (16:32). One who rules his spirit has power and energy, but it’s under control. That same power and energy out of control creates nothing but chaos and sinfulness. Those who are easily angered are not gentle.

Gentle people, on the other hand, control their energies and strengths, but they do have a tough side. They don’t back away from sin or cease to condemn evil. Since the gentle person submits himself to God, he becomes angry over things that offend God, not himself. If someone offends him personally, he doesn’t seek revenge. But when God is maligned, the lion in him roars. Such anger is called righteous indignation. Under God’s control, anger reacts when it ought to react, for the right reason, and for the right amount of time.

Suggestions for Prayer

Ask forgiveness if you are apt to get angry for the wrong reasons. Commit yourself to being gentle when you ordinarily would flare up in anger. If you don’t get angry when you see evil, ask God to make you sensitive to what He hates.

For Further Study

- At the very time Moses was receiving God’s Law on Mount Sinai, the Israelites were involved in idolatry and debauchery. Read Exodus 32. What was Moses’ reaction to their sin?
- Did he hold a grudge against them (vv. 31-32)?
- How can Moses’ example be a pattern for your life?

COPYRIGHT (C) 2024 Grace to You

You may reproduce this Grace to You content for non-commercial purposes in accordance with Grace to You's Copyright Policy (<https://www.gty.org/about#copyright>).