

Causes of Anger

***“For man's anger does not bring about the righteous life that God desires.”
(James 1:20)***

Anger causes many bad effects on the person who cannot overcome it. As well as anger can bring the person who experience it into a spiritual condition that is unpleasant to the Lord. Anger hinders the follower of Christ to live the righteous life that God desires.

You need to understand yourself well so you will be able to grasp what causes you anger in order for you to avoid falling into its trap. The word of God is the right way for you to see the real causes of anger. We will go through the Scripture and find out the causes.

1- David anger against Nabal: “2 A certain man in Maon, who had property there at Carmel, was very wealthy. He had a thousand goats and three thousand sheep, which he was shearing in Carmel. 3 His name was Nabal and his wife's name was Abigail. She was an intelligent and beautiful woman, but her husband, a Calebite, was surly and mean in his dealings. 4 While David was in the desert, he heard that Nabal was shearing sheep. 5 So he sent ten young men and said to them, 'Go up to Nabal at Carmel and greet him in my name. 6 Say to him: 'Long life to you! Good health to you and your household! And good health to all that is yours! 7 ' 'Now I hear that it is sheep-shearing time. When your shepherds were with us, we did not mistreat them, and the whole time they were at Carmel nothing of theirs was missing. 8 Ask your own servants and they will tell you. Therefore be favorable toward my young men, since we come at a festive time. Please give your servants and your son David whatever you can find for them.' 9 When David's men arrived, they gave Nabal this message in David's name. Then they waited. 10 Nabal answered David's servants, 'Who is this David? Who is this son of Jesse? Many servants are breaking away from their masters these days. 11 Why should I take my bread and water, and the meat I have slaughtered for my shearers, and give it to men coming from who knows where?' 12 David's men turned around and went back. When they arrived, they reported every word. 13 David said to his men, 'Put on your swords!' So they put on their swords, and David put on his. About four hundred men went up with David, while two hundred stayed with the supplies.” (1Samuel 25:1-13) Now why here David was angry and wanted to kill Nabal? We can say that because he did good o him and Nabal did not return the good back to David. But that was not a reason for David to fight. Or we may say that David had no food. But that is not correct because as we read, ***“About four hundred men went up with David, while two hundred stayed with the supplies.” (1Samuel 25:13a)*** So he had food. So then why he sent to get food from Nabal? ***1Samuel 25:18*** can give the answer and explain to us why he got angry ***“18Abigail lost no time. She took two hundred loaves of bread, two skins of wine, five dressed sheep, five seahs of roasted grain, a hundred cakes of raisins and two hundred cakes of pressed figs, and loaded them on donkeys.”*** David was angry because he was expecting a treat of ***dressed sheep*** and other special food but he was disappointed.

When you expect certain thing and did not happen you need to control your anger, even if it is your right and you deserve it; still you need to wait upon God to do it in His right way.

David should not react with Nabal answer. He should be calm and exercise self control and be satisfy with what he had of food supply. If he had just waited calmly in his place and trust God then he would receive it as the Lord sent Abigail with the food. Anger does not bring the righteous life that God desires. The Lord did not want David to kill Nabal; the Lord himself stroke him down ten days later and turn over what belong to Nabal to David (***Read in your bible the whole story in 1Samuel 25:2-42***).

Examine now yourself and see how many times you were trap with anger because certain things you were expecting did not come true. Check how you reacted badly to get what you deserve? But you can get it in an easier and godly way. Calm down, pray and ask God to comfort you and pray that the Lord shall bring to you what is due for you. I believe that ***James 4:1-3*** it will make it clear to you, ***“1 What causes fights and quarrels among you? Don't they come from your desires that battle within you? 2 You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God. 3 When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.” (James 4:1-3)***

2- Ahithophel anger: When Absalom conspired against David and drove him out of Jerusalem, he was asking advices of what he needs to do to finish David’s life. Beside Absalom were two people, Ahithophel and Hushai the Arkite, to advice Absalom and it went as such: ***“1 Ahithophel said to Absalom, "I would choose twelve thousand men and set out tonight in pursuit of David. 2 I would attack him while he is weary and weak. I would strike him with terror, and then all the people with him will flee. I would strike down only the king 3 and bring all the people back to you. The death of the man you seek will mean the return of all; all the people will be unharmed." 4 This plan seemed good to Absalom and to all the elders of Israel. 5 But Absalom said, "Summon also Hushai the Arkite, so we can hear what he has to say." 6 When Hushai came to him, Absalom said, "Ahithophel has given this advice. Should we do what he says? If not, give us your opinion." 7 Hushai replied to Absalom, "The advice Ahithophel has given is not good this time. 8 You know your father and his men; they are fighters, and as fierce as a wild bear robbed of her cubs. Besides, your father is an experienced fighter; he will not spend the night with the troops. 9 Even now, he is hidden in a cave or some other place. If he should attack your troops first, whoever hears about it will say, 'There has been a slaughter among the troops who follow Absalom.' 10 Then even the bravest soldier, whose heart is like the heart of a lion, will melt with fear, for all Israel knows that your father is a fighter and that those with him are brave. 11 "So I advise you: Let all Israel, from Dan to Beersheba--as numerous as the sand on the seashore--be gathered to you, with you yourself leading them into battle. 12 Then we will attack him wherever he may be found, and we will fall on him as dew settles on the ground. Neither he nor any of his men will be left alive. 13 If he withdraws into a city, then all Israel will bring ropes to that city, and we will drag it down to the valley until not even a piece of it can be found." 14 Absalom and all the men of Israel said, "The advice of Hushai the Arkite is better than that of Ahithophel." For the LORD had determined to frustrate the good advice of Ahithophel in order to bring disaster on Absalom.” (2Samuel 17:1-14)*** The advice of Ahithophel was the

correct one but it was God's will that Absalom and the whole Israel will not take it or apply it. Athithphel did the following when his advice was not put into practice, **"23 When Ahithophel saw that his advice had not been followed, he saddled his donkey and set out for his house in his hometown. He put his house in order and then hanged himself. So he died and was buried in his father's tomb."** (2Samuel 16:23) Why Ahithophel behaved in such a way and attempted suicide? Because he was angry and could not accept that he was turn off. **"23 Now in those days the advice Ahithophel gave was like that of one who inquires of God. That was how both David and Absalom regarded all of Ahithophel's advice."** (2Samuel 17:23) His pride brought anger that he could not control especially when, **"7 Hushai replied to Absalom, "The advice Ahithophel has given is not good this time."** (2Samuel 17:7) But if he would just control his anger, then he can grasp that it is not God's will that Absalom would listen to his advice, simply because it is not God's will that David would be replaced with Absalom as a king over Israel.

Many times you flare up in anger because you are turn off. Even if what you are saying is correct, but if is in contradiction to God's will, the Lord will not allow it to go to the surface. You need to learn to humble down and surrender everything to God, and then you can control your anger and spare yourself and the people with you troubles.

3- Martha anger: **"38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord's feet listening to what he said. 40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself ? Tell her to help me!" 41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, 42 but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."** (Luke 10:38-42) Martha got angry against her sister Mary and against the Lord because she was doing lot of things and she was alone. The point here is this: Who asked her to do all that? She and no one else had told her. When you do your own, you find yourself doing things of no use. In such circumstances anger would creep into your heart. To avoid anger you need to train yourself to be at Jesus feet, waiting for him to instruct you and committing yourself not to move and do things unless you hear His voice asking you to do.

4- Jesus' anger: **"13 When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. 14 In the temple courts he found men selling cattle, sheep and doves, and others sitting at tables exchanging money. 15 So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. 16 To those who sold doves he said, "Get these out of here! How dare you turn my Father's house into a market!" 17 His disciples remembered that it is written: "Zeal for your house will consume me."** (John 2:13-17) Jesus got angry because the people where using the temple to make money transaction and to promote business. Jesus recognized what they are doing and what sin they are in and He did the right thing; he drove them out from the temple and ended that abuse. The church should not be the place to run business, manage affairs and transaction or to make money and profits.

My Dear and Beloved: Anger should not be raised up in your life due to wrong reason and wrong motive in your heart. That will lead you to sin and makes you go against God's will. Instead your zeal for the Lord shall lead to discern wrong doings and sins and shall give you the wisdom to handle as you agree to repent and pray.

My Prayer: *Father God I come before you in the name of Jesus who died on the cross for my sins to give me eternal life. Lord thank you for your word that gives me clear understanding of myself and the events that surround me. I ask you forgiveness for the following sins _____.* Lord give me more self-control and discernment to go on and serve you by doing your will, this is my prayer in Jesus name, Amen.

Jesus christ



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"19 My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 for man's anger does not bring about the righteous life that God desires. 21 Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you. 22 Do not merely listen to the word, and so deceive yourselves. Do what it says." (James 1:19-22)

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