

The Bad Effects Of Anger

“In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold.” (Ephesians 4:26-27)

What can you say about this? A smart looking man, walking and behaving quietly, but all of a sudden he puts his hand behind his back, reaching for a hidden short gun, draws it out and shoots a nearby person! His gun sounds so intense that all the surrounding people run and hide. Then after a moment of silence as the people turn their heads towards the scene, they find a dead person lying on the ground!

Everyone of us are born with some inherited traits and physical likeness from our parents. We are blessed to be born in the flesh with normal and complete external and internal organs: the heart, brain, liver, limbs, eyes, ears etc. Others are born with defects or with congenital problems. But somehow, we are unaware that all of us have innate small and defective organ; the gun of anger. It may be small and/or hidden but certainly we inherited it from Adam! Anger when not treated on time leads to sin and death. The Bible declares that anger is of the devil and is a sin by itself. It gives lots of defects and consequences.

1. Anger is an illness, nuisance and a painful feeling: It is a wound to the heart and mind that leads to the following psychological, physiological and organic effects:

a) Anxiety: It is over thinking and worrying about a lot of ideas, of things need to be done, wrong suggestions, and unable to make right decisions. This is either caused by anger or a result of anger. Anxiety has a confusing effect on the true human thinking and correct abstract conclusions.

b) Frustration and Depression: Anger can give persistent and intense feeling of sadness. This causes loss of interest to work, lack of planning, and aversion from taking food, loss and lack of sleep, and loss of interest to live. Depression may even lead to suicide.

c) Exaggeration of Sympathetic Nervous System Activity: With anger there are hormonal as well as nervous changes. Certain hormones are increased in secretion during anger like adrenalin and nonadrenalin, and corticosteroid from the suprarenal glands. The neuro hormonal changing by itself can lead to increase in heart rate and high blood pressure.

d) Cause of Diseases: Anger can cause lot of diseases. It triggers hypertension. It can lead to coronary heart disease like Angina and Myocardial Infarction. The neuro-hormonal changes that accompany anger can lead to reduction to body immunity against sicknesses. And this by itself can result to a grave condition like body tumors.

e) Exacerbates Pre-existing Disease: From the above ill effects of anger it can increase the bad effects of heart disease, hypertension and diabetes.

f) Cause of Death: Anger can lead to death through many body changes that are described above. To a cardiac patient it can lead to cardiac arrest and ultimately to death. The body changes that rise from anger is proportionate with the intensity and the duration of time that anger operates on the person. The longer the duration, it worsens the sequel of anger. This is one reason why the word of God has warned us, ***“Do not let the sun go down while you are still angry.”***

2. Anger can be sin that leads to other sins:

a) Anger aggravates bad habits: It can give rise to smoking and to drinking of alcohol. The frustration of an angry person pushes him to smoke and drink. And in just a short time the increase of these bad habits may lead to addiction, because the angered person thinks

he can get release from his ill feelings by smoking and by drinking liquor. But, these are big lies.

b) Anger can lead to drug addiction: The anxiety and depression of the angered person may push him to use hallucinating drugs like Marijuana and Opioids, seeking relief through these prohibited drugs. Also a person with anxiety and depression may need to be given an anxiolytic and antidepressant drugs, but these are again not the solution and will not give remedy, but will add trouble because every medicine has its side effects.

c) Anger can lead to misbehavior: Anger can rise to unwholesome talks. The lack of self control while anger can cause a lot of strife, discords, fits of rage, dissensions, quarrels and fights. These lead to great disturbances or even breaking relationships.

d) Anger can create black and stony heart: The black and stony heart is full of bitterness, hatred, unforgiveness, anger, revenge, and evil thoughts. And all these are sins. Unforgiveness by itself if kept in the heart towards someone, even to an enemy may cause a person to lose eternal life.

e) Anger can build walls, dams, and divisions: Anger may have started in one man's heart and passed on to another man and extended to another. Anger promotes cold relationships and causes cold wars with people around. These lead to separation between friends, relatives and even brethren.

f) Anger increases broken families: It may cause marital relationship to grow cold and the true love would vanish by misunderstanding and bouts of quarrels. Finally husband and wife get separated and divorced. This results to failure of parent children relationships, and likewise causes other families to be broken. Broken families also result to child abuse and juvenile delinquencies.

g) Anger leads to wrong decisions: Anger makes wise man foolish. It blinds the eyes; it pushes hands to break rules, and even causes to lose rights. He who is a victim of anger is always a loser. ***“A fool gives full vent to his anger but a wise man keeps himself under control.” (Proverbs29:11)***

h) Anger leads to curses: Anger makes the tongue like a fire. An angry person will wish calamity and disaster to his enemies, until he pronounces curses that also causes himself to be cursed.

i) Anger can cause homicide: It causes a person to plan to execute criminal crimes either by his own hands, or by encouraging other people to do.

j) Anger can cause disasters: It may cause war between clans, and countries. Anger results in wars and revenge between opposite parties.

My dear and beloved: The above facts about anger show its presence in everyone of us life. The extent and its effects to our lives direct us to give attention on how to control and treat ourselves from it. The Lord instructs us about these things in writing to us: ***“In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold.”*** Let us come to the Lord in prayer lifting our lives, souls and our hearts in His hands to cleanse us and deliver us from anger as we 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 teaches me how to have self-control and how to deal with my anger, and help me to do the right thing and take the right step in times of crises. Lord teaches me how to avoid circumstances and situations that causes me to be angry person. Lord teaches me to avoid people and companion and places that may lead me to do wrong things and be an angry person. Lord I put all these concerns in your hand knowing that you will lead me out from the bad habit of anger. This is my prayer in Jesus name, Amen.*