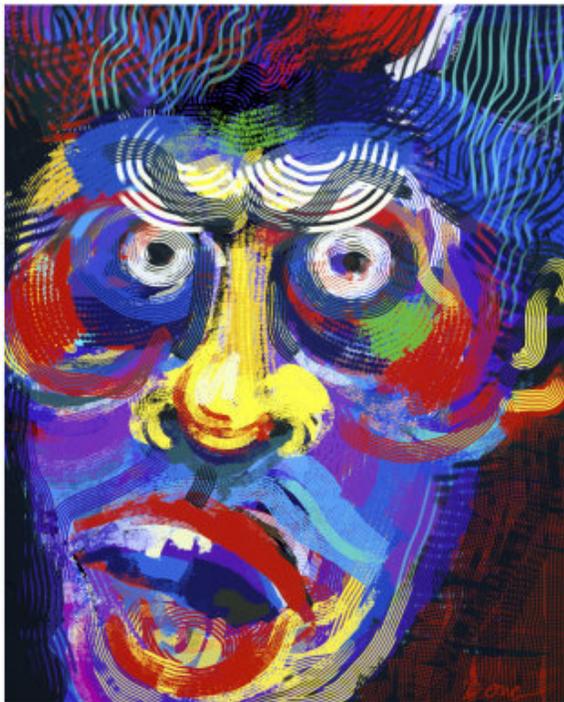


What Does the Bible Say About Anger

Bible Summary. When we let anger control us, it is just a violent, reactive emotion that will result in no good thing. If we just mindlessly follow our anger it can lead to hate, mayhem, destruction of property, destruction of relationships, reinforce self-pride, and it can even lead to physical harm and death of another person. Most anger is based on our self-righteousness. See below for Biblical commentary and scriptures on what the Bible tells us about anger.



The Bible Tells Us that Man's Anger By Itself Cannot be Righteous.

When we let anger control us, we are no longer honoring God first in our lives. When we let anger control us, it is just a violent, reactive emotion that will result in no good thing. See [James 1:20 commentary](#) for more commentary that man's anger is not righteous.

[James 1:20](#), *"For the wrath of man worketh not the righteousness of God."*

The Bible Tells Us Not to Let Our Anger Turn to Sin.

Anger is a violent emotion that can cause us to do something contrary to God. If we just mindlessly follow our anger it can lead to hate, mayhem, destruction of property, destruction of relationships, reinforce self-pride, and it can even lead to physical harm and death of another person. See [Ephesians 4:26 commentary](#) for more advice to not let our anger turn to sin.

Ephesians 4:26, *"Be ye angry, and sin not: let not the sun go down upon your wrath."*

The Bible Tells Us Not to Be Led By Our Anger.

Most anger is based on our self-righteousness. We get angry because someone is threatening our pride or they are aggravating us. Our anger is based on our own self-interest without any consideration of God. See [Romans 2:8 commentary](#) for more explanation on how anger leads to disobedience and unrighteousness.

Romans 2:8, *"But unto them that are contentious, and do not obey the truth, but obey unrighteousness, indignation and wrath."*

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