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## Anger

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# Anger

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*A fool lets fly with all his temper, but a wise person keeps it back.  
(Proverbs 29:11)*

Anger is a natural emotion; it is poorly controlled anger that leads to problems. The hotheaded and quick-tempered person is a problem for himself and others. In fact, it is wise to not even become friends with a hot-tempered person because by association one may learn his angry ways.

Anger results out of frustration and not infrequently that frustration is the result of one's own bad decisions. We too often express anger in selfishness and ways harmful to others and ourselves; however, there are constructive alternatives to anger, which do not necessarily lead to inappropriate responses.

Delays in schedules, rainy days, traffic jams, lost luggage, family squabbles, and personal insults are part of being human. These do not deserve uncontrolled anger. Predominating anger and joy are mutually exclusive lifestyles. Unchecked anger stems from unresolved conflict(s) and smacks of ingratitude. The happy heart accepts that we live in a fallen world, a world of entropy and that all things will not be perfect. Therefore, indignation should be reserved for injustice and sin.

Is your natural bent one of anger? What gets you really ticked off? What do you do when you get mad? Is the expression of your anger causing you increasing difficulties? What steps could you take to have greater self-control, and more peace?