

ANGER IS NOT YOUR FRIEND

By Robert J. Tamasy

Have you noticed how angry people seem to be these days? Protesters yelling at each other on public streets and sidewalks. News commentators on TV and radio shouting to get their points across, often rudely interrupting guests who disagree with them. Social media spewing antagonism to people individuals and groups that offer different perspectives and beliefs. Heated exchanges between coworkers that disrupt the workday.

Why are so many people angry? There are many possible explanations, some reasonable – and some that are not. But the bottom line is this: What do expressions of anger and uncontrolled emotional outbursts accomplish? In most cases, not much. Usually, they only serve to make people angrier, because negative emotions rarely resolve the issues.

In fact, sometimes people do not even know what they are mad about. A verse from the Bible's New Testament offers a good description: "The assembly was in confusion: Some were shouting one thing, some another. Most of the people did not even know why they were there" (Acts 19:32).

This can happen anywhere, including the home and the workplace. It has happened more than once that after a lengthy dispute, the participants started wondering, "Now, what is it that we are arguing about?"

Knowing this is a common problem, the Scriptures have much to say about the destructive power and influences of anger. Here are several examples:

A no-win emotion. Rarely does anything positive result from the expression of negative emotions. Nothing is gained in a contest to determine who can scream the loudest or display the greatest degree of fury and animosity. Better to contain troublesome emotions than to deal with the aftermath later. "Refrain from anger and abandon wrath; do not fret – it can only bring harm" (Psalm 37:8).

An impulsive action. When people do something that makes us feel angry within, a typical response is to vent that anger and let them know exactly how we feel. This may make us feel better, but the end result often is resentment, damaged relationships, and problems that remain unresolved. How we react demonstrates the difference between wisdom and foolishness. "A fool shows his annoyance at once, but a prudent man overlooks an insult" (Proverbs 12:16). "A wise man fears the Lord and shuns evil, but a fool is hotheaded and reckless" (Proverbs 14:16).

A viable option. The excuse, "I cannot help it," when engaging in an angry outburst is not acceptable. We are to control our emotions – good or bad – rather than allow them to control us. "My beloved brothers, understand this: Everyone should be quick to listen, slow to speak, and slow to anger, for man's anger does not bring about the righteousness of God" (James 1:19-20).

香港工商基督徒協會 (CBMC Hong Kong Ltd)

地址：香港上環禧利街2號東寧大廈11樓1102室 Tel: (852) 2805-1923

Email: enquiry@cbmc.org.hk Web: www.cbmc.org.hk

支持本會使命，服侍工商界及職場，請下載奉獻表格

<https://www.cbmc.org.hk/file-download.html>

A dangerous position. Failing to resolve a disagreement and permitting angry emotions to simmer can only escalate the conflict. It is better to work toward resolution, to relieve stress and put matters to rest, than to allow anger and frustration to continue to fester. “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.... Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice” (Ephesians 4:26-27,31).

© 2026. Robert J. Tamasy has written *Marketplace Ambassadors: CBMC's Continuing Legacy of Evangelism and Discipleship*; *Business at Its Best: Timeless Wisdom from Proverbs for Today's Workplace*; *Pursuing Life With a Shepherd's Heart*, coauthored with Ken Johnson; and *The Heart of Mentoring*, coauthored with David A. Stoddard, and numerous other books and magazine articles. Bob's biweekly blog is: www.bobtamasy.blogspot.com

Reflection/Discussion Questions

1. Everyone becomes angry at least on occasion. Do you generally consider yourself to be an even-tempered person or one who is inclined to become angry when provoked? How does anger manifest itself in your life?
2. Think of a time when you were the target for someone's excessive anger. How did that make you feel? Did the person's angry outburst help to resolve whatever the conflict happened to be? Why or why not?
3. What are your thoughts on why there seems to be so much anger – expressed and repressed – in our world today? If it were up to you, what solutions would you suggest?
4. Why is it so difficult to do what the Bible verse admonishes – to “be quick to listen, slow to speak, and slow to anger”? How can patience and prudence serve to diffuse a tense, emotional situation?

Challenge for This Week

Take some time to evaluate how you handle anger. If you find yourself feeling angry often, try to pinpoint reasons for that: What things trigger your angry responses?

If anger is an issue for you, it might be helpful to confide this to a trusted advisor or mentor, close friend, or small group of which you are a part. You might discover the other person(s) are struggling with the same thing, so you can support one another through prayer and accountability.

NOTE:

If you have a Bible and would like to read more, consider the following passages: Psalm 37:8; Proverbs 14:17,29, 15:18, 17:27, 18:19, 19:19, 20:3, 22:24-25; Colossians 3:8-10

香港工商基督徒協會 (CBMC Hong Kong Ltd)

地址：香港上環禧利街2號東寧大廈11樓1102室 Tel: (852) 2805-1923

Email: enquiry@cbmc.org.hk Web: www.cbmc.org.hk

支持本會使命，服侍工商界及職場，請下載奉獻表格

<https://www.cbmc.org.hk/file-download.html>
