

## Do Not Let the Sun Go Down on Your Anger

The word of God gives instructions concerning anger in Ephesians 4:26-27:

<sup>26</sup>Be angry, and yet do not sin; do not let the sun go down on your anger, <sup>27</sup>and do not give the devil an opportunity.

Notice that this message is given in the same context as verse 31, which says,

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

It may appear that these two messages contradict one another, but they actually complement each other. Verses 26-27 permit a Christian to be angry but place limitations upon that anger. One of those limitations is, "Do not sin." This limitation is further addressed in verse 31, which teaches that anger associated with other sinful traits, such as bitterness, clamor, slander, and malice, should be put away. Anger of this nature has no place in the life of a Christian.

Therefore, anger should be prevented from evolving into sin, and it should be quickly dispelled as indicated by the instruction, "Do not let the sun go down on your anger."

Even if the reason for anger cannot be resolved quickly, the anger itself can be resolved within the day by godly means, such as a calming prayer to the Father,

...casting all your anxiety upon Him, because He cares for you (1Pet. 5:7).

Anger that is not quickly resolved can fester and create an opportunity for the devil because unresolved anger leads to temptation and the potential for sin. If you don't get your anger under control, "sin is crouching at the door" (Gen. 4:7).

James 1:19-20 – <sup>19</sup>This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; <sup>20</sup>for the anger of man does not achieve the righteousness of God.