

# Surviving in an Angry World—Part 1

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BIG SANDY, Texas—This week, I am going to begin a series to mention concepts from a book titled *Surviving in an Angry World*.

The book was written in 2010 by Charles Stanley.

## **Our angry world**

In the introduction of the book, Dr. Stanley wrote: “People are so angry today. They’re mad at what happened yesterday and bitter about things that occurred years ago. Perhaps you are angry with your spouse, a coworker, or a friend. The truth is, we all get mad at one time or another.

“The question we need to ask ourselves is, *How should we deal with anger in ourselves and respond to it in others?*”

“Many people are angry and don’t even realize it. They just know something’s not right on the inside. What they need is to be set free from the bondage of bitterness and resentment.

“Then there are those who know they’re angry and just don’t care. These people nurture their anger. They cultivate and feed it, keeping hostility and hatred simmering for years.”

## **Anger defined**

On page 4, Dr. Stanley wrote: “I define anger as a strong, intense feeling of displeasure, hostility, or indignation resulting from a real or imagined threat, insult, injustice, or frustration to you or others who are important to you.”

Dr. Stanley summarized that definition with the following points.

- Anger Is Intense
- Anger Is a Feeling
- Anger Encompasses Other Feelings
- Anger Comes in Response to a Threat—Real or Imagined
- Anger Can Follow a Threat of Loss

## Three core truths

On page 11, Dr. Stanley wrote: "In addition to a solid definition, we need to understand three core truths about anger and how it is manifested in our angry world."

### ■ The Universality of Anger

Dr. Stanley wrote: "Anger is a universal emotion. It affects every person, regardless of race, sex, nationality, or age . . . Regardless of how peaceful or passive a person might seem or desire to be, everyone gets angry at some time in his or her life."

### ■ The Persistence of Anger

Dr. Stanley wrote: "Anger will not go away on its own. It doesn't die out. It must be rooted out. Dealing with anger, especially deep-seated anger, requires intentionality."

### ■ Episodic Anger Versus Pervasive Anger

Dr. Stanley wrote: "We are wise to differentiate between angry episodes and a pervasively angry nature."

## Is anger a sin?

Dr. Stanley quoted Ephesians 4:26 and correctly taught that a person can be angry without sinning.

He also mentioned three pieces of good advice.

- Principle 1: Avoid Associating With Angry People
- Principle 2: Anger Is Linked to Foolishness
- Principle 3: An Unruly Spirit Rules Poorly