

Surviving in an Angry World—Part 3

This article is from the “Among Friends” section of the Church of God Big Sandy’s website, churchofgodbigandy.com. It was posted for the weekend of May 8, 2021. (The article was previously posted Feb. 22, 2014).

By Dave Havir

BIG SANDY, Texas—On April 24, I began a series to mention concepts from a book titled *Surviving in an Angry World*. The book was written in 2010 by Charles Stanley.

This is the third installment.

On page 57, Dr. Stanley wrote: “The roots of a person’s anger can run very deep. Anger’s history can reveal a lifelong struggle to overcome resentment, bitterness, and hostility. And the reasons for a person’s anger may or may not be justified.

“Here are seven roots of anger that I invite you to explore and submit to deep consideration and prayer.”

1. Blame and shame

On page 58, Dr. Stanley wrote: “The blame game finds its roots in anger . . . Blame is easy. Taking responsibility is hard. Anger is easy. Self-control is hard . . .

“Very close to blame is shame—feeling disgraced, dishonored, unworthy, or embarrassed. We usually experience shame when someone else points out our bad behavior.”

2. Pride

On page 61, Dr. Stanley wrote: “Many people become angry when they do not get the attention or recognition they feel they deserve.

“This aspect of pride spins out of control when a person wants the fame and adoration that are owed to God.”

3. Insecurity

On page 62, Dr. Stanley wrote: “The more insecure people are, the easier it is for them to feel anger. Why? Because insecurity is often related to feelings of low self-worth that come from rejection, fears (especially fear of loss), disappointment and feelings of inadequacy . . .

"Insecurity in most people results from not experiencing the love that was needed and desired when they were children."

4. Dreams deferred or denied

On page 63, Dr. Stanley wrote about a man who had dreamed of being a medical doctor, but his father influenced him to stay on the family farm and work.

On page 64, Dr. Stanley wrote: "This man held on to his rage until the last days of his life . . . The poisons of resentment and bitterness continued to eat away at him . . . Anger and bitterness poisoned his entire life."

5. Lies and cover-ups

On page 64, Dr. Stanley wrote: "Sometimes a kernel of a lie is at the core of anger . . . If what was said was true, how much time and energy did you waste railing against the rumor rather than addressing the truth and making the changes necessary to live a godly life?"

On page 67, Dr. Stanley wrote: "Anger based on rumors, partial truth, or a full-blown lie can take you down a long, dark road of disappointment, frustration, and heartache. Confronting the truth may be painful, but the alternative is far worse."

6. Brain dysfunction

On page 67, Dr. Stanley wrote: "A root of anger that is more common than many people realize is brain dysfunction or mental illness. Brain dysfunction may be the result of a degenerative disease or an accident. Or the brain may function improperly due to a chemical imbalance present from birth that may manifest itself as mental illness. Or it might be self-inflicted through alcohol and drug use.

"We are wise to recognize that some people have lost the ability to control their anger as a result of an accident, injury, disease, or addiction. Any of those things can destroy brain cells or compromise brain function."

7. Chemical addiction

On page 69, Dr. Stanley wrote: "Even as we consider brain dysfunction, we are wise to recognize that certain chemicals are poison to the brain. Alcohol is one of them. A number of other drugs and medications are toxic to the brain when used in great quantity or over great lengths of time."

Dr. Stanley wrote that even if a person does not become an addict, small amounts of alcohol or drugs can have noticeable effects on a person's behavior.