



NJC FAMILY MONTHLY



NewsLetter

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Anger Management: A Biblical and Ellen G. White Perspective

Anger is a powerful emotion that, if not adequately understood and managed, can lead to destructive words, broken relationships, and spiritual decline. While anger is not inherently sinful, how it is expressed often determines its moral value. Both the Bible and Ellen G. White's writings offer profound insights into understanding and managing anger in a Christ-centered manner.

1. Understanding Anger: A Biblical View

Anger is not always wrong. The Bible presents righteous indignation—a holy wrath against sin and injustice—as something even Jesus Himself experienced:

"Jesus looked around at them in anger and, deeply distressed at their stubborn hearts..." (Mark 3:5, NIV).

However, Scripture also repeatedly warns against uncontrolled and selfish anger:

"Be angry, and do not sin, do not let the sun go down on your wrath, nor give place to the devil." (Ephesians 4:26-27, NKJV).

This passage highlights that while anger can be natural, it must be time-limited, sin-free, and spirit-controlled.

2. The Consequences of Unchecked Anger

The Bible consistently associates uncontrolled anger with folly and destruction:

"A quick-tempered man acts foolishly..." (Proverbs 14:17).

"He who is slow to anger is better than the mighty." (Proverbs 16:32).

Unchecked anger leads to:

- Broken relationships
- Regretful words and actions

- Health issues (stress, anxiety, etc.)
- A diminished witness for Christ

3. Ellen G. White on Anger and Self-Control

Ellen G. White strongly warned against harboring anger and emphasized the need for divine grace in managing it.

"The natural man must die. Self must be crucified with its affections and lusts. There is no place in the work of God for an unkind spirit. If cherished, it will bear fruit unto unrighteousness."

— *Testimonies for the Church, Vol. 5, p. 177*

White saw anger as a manifestation of unconverted hearts and a lack of reliance on the Holy Spirit:

"When the peace of Christ reigns in the heart, the disposition is softened and subdued. The power of the love of Jesus awakens new life and transforms the character."

— *The Desire of Ages, p. 305*

She encouraged believers to cultivate gentleness and patience through prayer, self-discipline, and communion with God.

4. Steps to Christian Anger Management

Here are practical, biblical steps to managing anger with the guidance of Ellen G. White's counsel:

A. Pray for a New Heart

"Create in me a clean heart, O God; and renew a right spirit within me." (Psalm 51:10)

Transformation begins with prayer and surrender. Ask God for a new spirit of meekness and patience.

B. Pause Before Reacting

"He that is slow to wrath is of great understanding." (Proverbs 14:29)

Take time to reflect before responding in anger. A pause can prevent a regretful decision.

C. Speak Gently

"A soft answer turned away wrath: but grievous words stir up anger." (Proverbs 15:1)

Speak words that build, not words that burn. Ellen White says, "Harsh and severe words are not from God." — *Testimonies, Vol. 4, p. 348*

D. Confess and Make Amends

"Therefore, if you bring your gift to the altar, and there remember that your brother has something against you... first be reconciled to your brother." (Matthew 5:23-24)

Do not let anger fester. Confess wrongs and seek reconciliation.

E. Abide in Christ Daily

5. Righteous Anger: When to Be Angry

There is a place for righteous anger against injustice, oppression, and sin. But this anger must be channeled constructively, not destructively.

Ellen White writes:

"There is an indignation that is justifiable even in the followers of Christ. But reason and religion must control those brought under its influence."

— *Testimonies for the Church, Vol. 4, p. 486*

- Righteous anger leads to positive change, not personal vengeance.

Anger is a powerful emotion that, when surrendered to God, can be transformed into compassion, advocacy, and courage. The Bible and Ellen G. White's writings both teach that self-control, humility, and divine grace are essential in managing anger.

As Christians, we are called to reflect Christ's character—even in moments of provocation. Through the power of the Holy Spirit, we can be "slow to anger," rich in love, and examples of God's transforming grace.

Reflection Questions:

- What triggers my anger most often? Have I prayed over these areas?
- Do I tend to react or respond? What does Scripture call me to do?
- How can I grow in patience and self-control through daily communion with God?