# Letting Go of Anger: Living Unoffended

***By: Hannah Harrell***

Experience has taught me that people hate being told they don’t have the right to be angry—especially when they feel justified. But how can we faithfully communicate what’s clearly written in the Word of God, even when people resist hearing it? Many will angrily defend their right to be angry.
So let’s begin with a definition—and a prayer.

## 1. What Is Anger?

According to Oxford, anger is defined as a strong feeling of annoyance, displeasure, or hostility. It’s the feeling that rises when someone cuts you off in traffic, when your child ignores instructions for the fourth time, or when you hear of a child being neglected or abused. These examples remind us that anger appears in both everyday frustrations and deep injustices.

## 2. Begin with Prayer

Before we move forward, pause and pray these simple requests:
• Jesus, open my ears to hear You speaking to me.
• Jesus, open my eyes to see Your truth and uncover the lies of the enemy.
• Jesus, give me peace to accept Your will.

## 3. Our Process

We’ll read Scripture, reflect deeply, ask thoughtful questions, and consider if we need to shift our perspective—maybe just a little, maybe a lot.

## “He Had It Coming…” – Romans 12:17–21

We can all agree: revenge never leads to righteousness.

Q1: If you take revenge—and they take revenge on your act of revenge—where does it end?

We’ve all made mistakes or hurt others unintentionally. Would you want someone lashing out at you in your weakest moment? Extend to others the grace you’d hope to receive.

## “The Sun Didn’t Go Down Yet!” – Ephesians 4:25–32

Verse 25 reminds us that our neighbor is not our enemy. Often, the people we grow angry with are part of our own community.

Q2: After witnessing something upsetting, how would you treat that person if you knew you had to see them every day?

Q3: Would you reflect God's nature if you raised your voice, used cutting words, or even hit someone? Are you letting the Lord fight your battles (Exodus 14:14)?

Q4: When you're truly angry, what kind of response would please God? (See Matthew 5:38–48)

Q5: What kind of anger is Ephesians 4:26 referring to? Is it the kind that flares up quickly but fades, or the kind you replay in your mind?

Holding on to anger gives the devil a foothold (v.27). We are instructed to get rid of it (v.31).

## “But Righteous Anger Is Okay…” – James 1:20

You may be thinking: “Shouldn’t we use our anger about abuse or infidelity to fuel justice or healing?”

\*\*James 1:20\*\* tells us that \*human anger does not produce the righteousness God desires.\*

The world doesn’t need more angry Christians—it needs faithful action.

Q6: Do you really want anger to be the foundation of the good you’re trying to build?

## The Challenge – Matthew 5:44–48

“But I say to you, love your enemies, bless those who curse you, do good to those who hate you…”

Consider this excerpt from Brant Hansen’s book \*Unoffendable\*:
“In the Bible’s ‘wisdom literature,’ anger is always—not sometimes, \*always\*—associated with foolishness, not wisdom. The writer recognized that, yes, anger may visit us, but when it finds a residence, it’s ‘in the lap of fools’ (Ecclesiastes 7:9).”

Q7: Can you do hard things?

If God only expected easy things from us, we wouldn’t need His Spirit. But He gave it to us. If you haven’t yet received it, ask Him today (see Acts 2:38). If you \*have\* His Spirit, \*use\* it.

Accept the challenge Jesus gave over 2,000 years ago:

\*\*Be unoffendable.\*\*