

# Jews For Yeshua

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To the Torah & the Testimony  
If anyone does not speak according to these words  
It is because they have no light in them.  
Yesh'yahu (Isaiah) 8:20; Revelation 12:17; 14:12



## Be Angry and Sin Not

This study, presented by friend, is based on an important subject, and one that should not be left out of this book. I believe you will find it surprising just how often the Scriptures talk about anger, and of the importance of not allowing it to take over our will and emotions. For anger that is allowed to escalate unchecked is like water pouring out of a dam, with the consequences to ourselves, and to those around us, sometimes being irreparable.

Most of this study is Scripture quotes with just a little bit of commentary here and there.

### **Mizmor (Psalm) 37:8**

Cease from anger and forsake wrath. Do not be frustrated, it only causes harm.

### **Mishlei (Proverbs) 12:16**

A fool's rage is daily revealed; but a man who is cautious about his behavior hides himself from shameful conduct.

### **Mishlei (Proverbs) 14:16,17**

A wise man fears **יהוה** and departs from evil; but a fool takes confidence in his rage. He who is impatient and quick to anger acts without wisdom or foresight, and a man with evil intentions is hateful.

### **Mishlei (Proverbs) 14:29**

He who is slow to become enraged has great understanding; but he who is impatient exalts his lack of foresight.

### **Mishlei (Proverbs) 15:1-4**

A soft answer turns away rage, but a harsh word stirs up anger. The tongue of the wise uses knowledge rightly; but from the mouth of fools senselessness and irreverence pour out. The

eyes of **אֵינִי** are in every place, keeping watch on the evil and on the good. A gentle tongue is a tree of life; but a deceptive tongue, destruction within one's spirit.

**Mishlei (Proverbs) 15:18**

An angry man stirs up quarrels; but a patient man at peace in controversy.

**Mishlei (Proverbs) 16:32**

He who is slow to anger is greater than a strong warrior; and he who has control of his spirit, than he who captures a city.

**Mishlei (Proverbs) 19:11**

A man of discernment restrains his anger when provoked; and it is a garment of beauty to him to forgive an offense committed against him.

**Mishlei (Proverbs) 20:1**

Wine is a mocker, and liquor arouses fighting, and whosoever is led astray by them is not wise.

**Mishlei (Proverbs) 22:24,25**

Make no friendship with a continuously angry man, and do not associate with a man of rage; for if you learn his ways it will be a trap for your soul.

**Mishlei (Proverbs) 27:4a**

Rage is cruel and anger like a stormy sea.

**Kohelet (Ecclesiastes) 7:9**

Do not let your spirit be easily provoked to anger, for anger resides in the embrace of fools.

**Mattit'yahu (Matthew) 5:22a**

But I say to you that whosoever is angry with his brother without just cause shall be in danger of standing before the Bet Din (the local court).

**Colossians 3:8**

But now you must remove far from within you all of these things as well, anger, rage, viciousness, blasphemy, and filthy language out of your mouth.

**Colossians 3:21**

Fathers, do not provoke your children in anger, lest they become discouraged.

**Ephesians 4:26**

Do not sin in your anger, and do not let the sun go down on your rage.

## **Titus 1:7**

For the chief Elder of a congregation must be blameless, as one who is responsible for God's family, not self-willed, not quick tempered, not one who drinks wine in excess, not violent, not greedy for money.

## **Yaaqov (James) 1:19,20**

Therefore my dear brothers of the womb, let every man be quick to listen, slow to speak, and slow to become enraged; for the rage of man does not produce the righteousness of **יְהוָה**.

Moshe (Moses) was not able to enter into the Promised Land in his life because of anger.

Cain killed Abel because of anger.

King Shaul (King Saul) attempted to kill King David numerous times because of anger.

The scribes and Pharisees killed Yeshua because of anger.

In a book entitled "Words that Hurt, and Words that Heal" the author gives an example of just how much of a choice anger is when he says, "A couple is having a heated argument when suddenly the doorbell rings. The couple then answers the door with complete calm and pleasantness."

*Anger is something that can be controlled, and must be controlled. Not that there are not legitimate things to be angry about, but that we have a tendency to be quick to anger, be excessive in our anger, be unjust in our anger, to feed and nurture our anger, and to vent our anger in hurtful and destructive ways.*

Our heavenly Father should not have to ring our doorbell to cause us to control ourselves. We must remember that He is ever present and sees all things; and it would do us well to remember this in all our actions.

We should not be quick to hang up our anger at the ring of a doorbell and put up a front for others, but then ignore the presence of our precious heavenly Father who is ever by our side watching and listening.

Likewise, we cannot go on in life disguising our anger as if it was something else by cloaking it with clever phrases like:

I'm just a little frustrated.

I'm just a little irritated.

I'm just a little upset.

I'm just in a hurry.

I'm just not feeling very good today.

Oh, it was just a little annoying, that's all.

Oh, it's no big deal.

Sure, whatever.

Never mind, I'll do it later.

Why are people so slow.

Can't that person see my blinker.

Can't you see I'm busy!

Or you may ask yourself:

Why do you Cuss?

Why do you keep a score card?

You fill in the blank\_\_\_\_\_.

If we can step back and ask ourselves what is going on inside our minds when we say these little phrases to ourselves, or cuss or keep score cards, then we will be taking a valuable first step to recognizing the "triggers" that fuel and build our anger; and also have something to take to our Father, to confess to Him, to ask Him for help about, to search the Word about, to search our heart about.

Is your anger from some traumatic experience in your past that you are not healed of yet? Is it rooted in some forgiveness that you haven't given yet?

Knowing the thoughts behind your words and actions can be very helpful in gaining control of your anger, and in preventing you from living a life of "pretend" behind the mask of doorbells.

**In 2 Kepha (2 Peter) 1:1-10 there is a wonderful list of things that Adonai has given to us,**

**1:1** Shimon Kepha, a slave and Emissary of the Messiah Yeshua. To those who have obtained like precious faith with us by the righteousness of our Elohim, through our Deliverer, the Messiah Yeshua.

**1:2** Favor and Shalom be multiplied to you in the knowledge of יהוה and of Yeshua our King.

**1:3** As His divine power has given to us all things that pertain to life and set-apartness through the knowledge of Him who called us into His splendor and into the excellence of His moral character.

**1:4** By which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the depravity that is in the world and its lust.

**And these are what we are to be for Him in return.**

**1:5** But also for this very reason, be diligent always to add to your faith excellence of moral goodness, and to excellence of moral goodness, knowledge,

**1:6** And to knowledge, self-control and moderation, and to self-control and moderation, patience, and to patience set-apartness.

**1:7** And to set-apartness, brotherly kindness, and to brotherly kindness, love.

**With the following results,**

**1:8** For if all these things are in you and abounding, you will be neither sterile of womb, nor unfruitful in the knowledge of our King, the Messiah Yeshua.

**1:9** For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was purged from his old sins.

**1:10** Therefore, brothers of the womb, be even more diligent to make your calling and election a thing of certainty, for if you do these things you will never stumble into sin.

Here is an expanded breakdown of some of these words into their applicable meanings in our lives.

- Diligence = Work hard, be determined in doing what is good and right
- Knowledge = Elohim's will for our lives as expressed in Torah
- Patience = Enduring hardship, enduring daily provocation.

Patience is not in the garden listening to the birds chirping while lying on the grass.

Patience is not slapping someone.

Patience is not yelling and screaming.

Patience is not crushing somebody with our mouth.

Patience is not throwing things around.

Patience is not running away.

Patience is not racing through traffic and honking our horn at people.

Patience is not ignoring the rules or trying to find ways around the rules.

Patience is not overspending or impulsively spending.

What patience is,

- Is waiting
- Is denying our selfish nature

- Is telling ourselves “No”.
- Is not being quick to anger.
- Is not being quick to accuse.
- Is not being quick to be offended by others actions.
- Is not being quick to strike back at others.
- Is not \_\_\_\_\_ (you fill in the blank).

We can all make our own list. I singled out patience because in many ways it is the complete opposite of anger. We need to observe the world around us. It is full of raging, and of hatred and killing and destruction. And it all begins somewhere inside of each one of us.

A seed of irritation, of annoyance, of disappointment, etc... And then the seed and spark of anger commences and grows. We feed it, ignore it, excuse it. Everything but deal with it. Everything but extinguish the coals that are working their way into a blazing rage of fire. We CAN “be angry and sin not”, but how often is that our response?

Anger is eating us up on the inside. Gnawing away at us, at our patience, at our peace of mind, at our health, at our loved ones. A silent rage. It kills our walk with Yeshua and destroys relationships. Many times we think others don’t notice, or that it doesn’t matter, or that it isn’t serious, until it is too late and the damage is already done.

Our anger, when out of control or allowed to continuously eat away at us and our relations, separates us from those we need the most. It prevents us from reaching our potential. It is self-indulgent, and seldom done on another’s behalf like when Adonai takes vengeance on the wicked for all the cruelty and injustice they have committed against the innocent, the defenseless and the poor. Or like Yeshua when He overturned the tables of the money changers who had defiled the Holy Temple with their commercial activities and greed.

No, unlike Adonai and Yeshua who express anger for all the right reasons, and only after much patience and restraint, our form of anger is almost exclusively self serving and self-indulgent when we look at it through the eyes of the requirements of Torah in our lives.

There are many examples of unbridled anger of men in the Scriptures and we can see that its end is never good; and then we can look at current events today, and see the same consequences; only on a larger scale.

What are we going to do?

How is our own anger on a scale of 1-10?

Where are we in all of this?

Would we want our anger score on the front page of the newspaper?

Would our heavenly Father be pleased with how we deal with anger in our lives?

We have a walk with Elohim. A daily walk; and a walk which should indicate progress in every area of our lives, from the time we wake up until the time we go to bed. A walk that goes forward

and not backward. A walk that includes being patient, that includes being slow to anger, and that does not include feeding anger. A walk that is forgiving of others sins against us, and that is patient with others short comings with us.

May these words of **2 Kepha (2 Peter)** help us to truly comprehend and appreciate all that Adonai has given to us; and to appreciate abundantly how blessed and privileged we are to have been given this opportunity to partake in all of these most excellent and splendid of things of Adonai our Elohim.

May we respond in kind by adding to our faith, excellence of moral goodness, knowledge and acceptance of Adonai's will for us, self-control, moderation, and ultimately, patience with an attitude of brotherly kindness in His love.

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