



THE PROBLEM OF ANGER

July 26, 2026 | David Hinkle

JAMES 1:19-20

¹⁹ Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; ²⁰ for the anger of man does not produce the righteousness of God.

SUMMARY

Anger is a very human emotion. And with it, comes all sorts of problems. Just like all of our human traits and emotions, anger can reflect the image of God that we bear. But most often, it gets the better of us and what we reflect is something far less than God's righteousness. Our text will help us address this problem and set a course for producing the righteousness of God.

DISCUSSION QUESTIONS

1. What is one completely irrational thing that annoys you way more than it should?
2. Read James 1:19-20. How does James 1:19-20 connect with the surrounding passage about trials, temptation, and receiving God's Word?
3. What does James mean when he says that "the anger of man does not produce the righteousness of God"?
4. Read Matthew 5:3-12. How might being poor in spirit change the way we respond when we feel we've been wronged?
5. Read Matthew 5:21-22. What does this teach us about the seriousness of anger?
6. Read Proverbs 14:29. How does anger affect our ability to think clearly and respond wisely?
7. What kinds of anger might feel justified but still fail to produce the righteousness God desires?
8. When you are angry, are you primarily concerned with getting justice, proving that you're right, or producing the righteousness of God?
9. What would change if God's righteousness became your primary concern?
10. What did God have most for you from the message and/or these passages?

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Stulac, G. M. James, (Jas 1:19). IVP

“James recognizes what trials do to us, that they stir our fear, self-pity, envy, confusion and especially anger. These result in behaviors of fighting, judging and attacking.”

Proverbs 12:16a NET

A fool's annoyance is known at once...

Rebecca DeYoung, Ph.D., from Anger and Following Jesus

“When we take a hard look at our political engagement, pace of life, caffeine and alcohol use, temper in traffic, and even the entertainment we choose in our free time (trading snarky posts on social media, listening to arguments between sports show hosts, enjoying scathing political commentary, reveling in realityTV fights and humiliations), we see that most of us, most of the time, live in well-worn grooves of bad formation. We swim in a sea of contempt.”

OUR PROBLEM: OUR ANGER OFTEN GIVES BIRTH TO SIN.

Proverbs 16:32

Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

OUR SOLUTION: WE CAN BEAR THREE LOVING MARKS OF MATURITY

Moo, D. J. The letter of James, p. 83

“Emotions are the product of the entire person; and, by God's grace and the work of the Spirit, the person can be transformed so as to bring emotions in line with God's word and will.”

Three Loving Marks of Maturity

1. Quick to Hear
2. Slow to Speak
3. Slow to Anger

Matthew 5:3-12

³ “Blessed are the poor in spirit, for theirs is the kingdom of heaven. ⁴ Blessed are those who mourn, for they shall be comforted. ⁵ Blessed are the meek, for they shall inherit the earth. ⁶ Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. ⁷ Blessed are the merciful, for they shall receive mercy. ⁸ Blessed are the pure in heart, for they shall see God. ⁹ Blessed are the peacemakers, for they shall be called sons of God. ¹⁰ Blessed are those who are persecuted for righteousness; sake, for theirs is the kingdom of heaven. ¹¹ Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. ¹² Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

Our Problem: Our anger often gives birth to sin.

Our Solution: We can bear three loving marks of maturity.

Application: Go low and slow