

*Why Are Men So  
Angry*

*Today?*



by Pastor Art Kohl

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# *Why Are Men So Angry Today?*

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## Introduction:

We often hear stories of someone walking into a school, bar, concert, church, shopping center, or other crowded place and killing innocent people. There is much psychoanalysis about why this happens. Much is contradictory, but a common thread that emerges is “he was an angry man.”

Why are men so angry today? Why are boys so angry? Why are some men violent and others wish they *could* be violent? Why the feeding frenzy in society on violent sports, video games, music, movies, etc.? Why do we see men in Church who seem like wonderful husbands and fathers in public but go ballistic at home? Why such short tempers? Why these childish tantrums? Why won't they grow up?

The Lord asked Jonah twice, “*Doest thou well to be angry...?*” *Jonah 4:4,9*. Jonah thought his anger was okay. God did not.

Solomon said, “*... anger resteth in the bosom of fools.*” (*Ecclesiastes 7:9*)

Jesus said, “*... whosoever is angry with his brother without a cause shall be in danger of the judgment...*” (*Matthew 5:22*)

Paul instructed us, “*Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:*” (*Ephesians 4:31*)

Where does anger come from and how can we get rid of it? Unsurprisingly, the Bible has the answer.

The root of the sin of anger is pride. Pride is a complete focus on oneself, and the absence of focus on God and others.

The Bible says, “*Proud and haughty scorner is his name, who dealeth in proud wrath.*” (*Proverbs 21:24*) Wrath is the anger that leads to violence.

*“We have heard of the pride of Moab; he is very proud: even of his haughtiness, and his pride, and his wrath: but his lies shall*

*not be so." (Isaiah 16:6)*

Until men repent of pride, and humble themselves before God and others, they will struggle with anger. The following pages give some reasons for - and ways to get rid of - anger. None of these will help the proud man. The first step is humility.

## I. Lack of Spirituality

One of the reasons there men are angry is their general lack of spirituality. The fruit of the Spirit is peace, not anger (*Galatians 5:22-23*).

Most men are interested in self today, not in God. The Pew Research Center (2013) reported that only 37% of Americans attend church weekly. Of every 10 church attenders, 6 are women, and 4 are men. That's a lot of men who aren't in church!

*"There is no peace, saith the LORD, unto the wicked."* (*Isaiah 48:22*). If men would be spiritually-minded they would have more peace and less anger. *"... to be spiritually minded is life and peace."* (*Romans 8:6*). As the Holy Ghost fills the man who strives to crucify and empty himself of self, the fruit of the Spirit begins to manifest Himself in that man. **This fills the man with such divine traits as love, joy, peace, longsuffering, gentleness, goodness, faith, meekness and temperance.** Almost all of these are the opposite of anger! Make no mistake, our first need is a spiritual one that God can fill.

It is in His plan for our lives that we be *"partakers of the divine nature"* (*II Peter 1:4*) and God is *"slow to anger"* (*Psalms 103:8*).

Why not get alone with God Almighty right now and pray. Ask Him to help you "die to self." He can teach you how. Ask Him to fill you with His fullness (*Ephesians 3:19*). Ask for a filling of the Holy Spirit, a definite endowment of life-transforming power from on high. He will answer your prayers.

Suggested prayer from the heart: "Dear Heavenly Father, help me to become a spiritual man. Holy Spirit, I need your help. Please fill me with Yourself and Your power. Give me Your fruit, which is the opposite of anger. Do not give up on me, Lord, until you change me completely. In Jesus name, Amen."

## II. Lack of Scripture Knowledge

Another reason men are angry today is because they don't know the Scriptures. Biblical illiteracy is rampant.



Take this test: Can you list from memory three verses of Scripture that says anger is wrong?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Did you pass or fail?

When Jesus (our supreme Example in everything) was tempted, He met each temptation by quoting Scripture word perfect. As He resisted the devil and used the Word, the devil left Him for a season (*Matthew 4:1-11*). Jesus was victorious.

As part of the Armor of God we are instructed to take "*the sword of the Spirit, which is the word of God.*" If you cannot "take" the Word of God with you everywhere, you don't have a sword! You have nothing to fight with (*Ephesians 6:17*). We do not "take" the word with us by carrying a New Testament in our pocket, it must be written "*in fleshly tables of the heart.*" (*II Corinthians 3:3*). These are written on our hearts by the Holy Ghost.

If you have a problem with anger, memorize as many Scriptures about anger that you mentally can with God's help. First, it will establish in your heart that anger is wrong, not because the preacher said it, but because God said it. Second, it will give the Holy Spirit something to prompt you with as soon as you are about to go off. You can resist the devil like Jesus did by saying, "*Get behind me Satan, for it is written...*" (then quote the verses you know.) The Devil hates to be resisted. Stick him with the Word of God – the Sword of the Spirit.

If you fall, get up. As you resist and struggle against Satan you will find yourself getting stronger and stronger.

Victory is coming, but you must know the Word. Now here are a few verses against anger that I suggest you try to memorize. Say these verses over and over until you know them as well as the alphabet:

### **For all Men:**

*Ephesians 4:31, "Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:"*

*Proverbs 22:24-25, "Make no friendship with an angry man; and with a furious man thou shalt not go: Lest thou learn his ways, and get a snare to thy soul."*

*James 1:20, "For the wrath of man worketh not the righteousness of God."*

*Proverbs 29:22, "An angry man stirreth up strife, and a furious man aboundeth in transgression."*

### **Especially for Fathers:**

*Ephesians 6:4, "And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord."*

### **Especially for Husbands:**

*Colossians 3:19, "Husbands, love your wives, and be not bitter against them."*

Do not neglect the discipline of memorizing and meditating on Scripture or you will always be defeated.

### III. Complexity of Life

Another reason men are so angry today is because of the complexity of their lives. The corresponding pressures that a complex life produces sets some men off who have no rule over their own spirit.

The Apostle Paul chose another life. He described it for us in *II Corinthians 1:12*, "*For our rejoicing is this, the testimony of our conscience, that **in simplicity** and godly sincerity, not with fleshly wisdom, but by the grace of God, we have had our conversation in the world, and more abundantly to you-ward.*" He lived in simplicity and godly sincerity. What an example!

I have had the fortune in my life to see some (though, sadly, not too many) follow Biblical counsel to simplify their lives. As they have practiced a simple life, pressure was relieved, and in its place came peace. Peace is the opposite of anger. It is an easy solution.

The writer of Hebrews said, "*...let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,*" (*Hebrews 12:1*).

When I ran Track and Field we would sometimes practice with weights strapped to our ankles or wrists. You sure felt free when you took those off for the meet. Many things in our lives just weigh us down. It is time to discard them. One preacher put it, "**The main thing is to keep the main thing the main thing.**"

If you are frustrated and angry, look deep. The root of the problem may be that your life is too complex. Bail out the boat before you sink. I believe you will be pleasantly surprised if you will simplify your life and get your house and finances in order. Peace will come.

**If you are too busy** for the Lord, the Bible, the church, etc., **YOU ARE TOO BUSY.** Read the story about the two ladies in *Luke 10:38-42*, it could have well been two men today.

## IV. Correction

Another reason that men are angry today is because of correction. Yes, Correction! Being told you are wrong is a part of life. It is part of God's plan for all of us.

God uses His word to correct us (*II Timothy 3:16*). He also uses people and preachers to correct us (*Proverbs 6:23*). This is one of God's ordained ways to make us better. *"Iron sharpeneth iron; so a man sharpeneth the countenance of his friend."* (*Proverbs 27:17*) *"Faithful are the wounds of a friend;..."* (*Proverbs 27:6a*)

Now we come to the problem. It is found in *Proverbs 15:10*, *"Correction is grievous unto him that forsaketh the way: and he that hateth reproof shall die."* Did you catch that? Personal pride will often launch a man into grief when corrected. Let us look at a Biblical example:

**King Asa's Rage**—*II Chronicles 16:7-10* *"And at that time Hanani the seer came to Asa king of Judah, and said unto him, Because thou hast relied on the king of Syria, and not relied on the LORD thy God, therefore is the host of the king of Syria escaped out of thine hand. Were not the Ethiopians and the Lubims a huge host, with very many chariots and horsemen? yet, because thou didst rely on the LORD, he delivered them into thine hand. For the eyes of the LORD run to and fro throughout the whole earth, to shew himself strong in the behalf of them whose heart is perfect toward him. Herein thou hast done foolishly: therefore from henceforth thou shalt have wars.*

*"Then Asa was wroth with the seer, and put him in a prison house; for he was in a rage with him because of this thing."*

King Asa had been a good and righteous king up to this point. But he went into a rage when rebuked and corrected by a prophet (seer) named Hanani. Deep-rooted pride hides itself and eventually surfaces in many ugly forms. One is rage and anger. Asa did not attack the message, he attacked the messenger — which is wrong.

Men should realize that correction is good for us, and occasionally needed. It will make us better men. We must allow it. We can not let our pride keep from us something so good as correction. Be thankful for God's messengers even if their message is not palatable.



## V. Jealousy and Envy

*"Jealousy is the rage of a man..." (Proverbs 6:34).*

*Proverbs 27:4, "Wrath is cruel, and anger is outrageous; but who is able to stand before envy?"*

Joseph's brothers envied him and tried to kill him  
(Genesis 37:11-20).

King Saul envied David and tried to kill him (*I Samuel* 18:9).

The Pharisees envied Christ and killed Him (*Matthew* 27:18).

**Men must rule their human spirit.** *"He that hath no rule over his own spirit is like a city that is broken down, and without walls."* (Proverbs 25:28) If a man does not rule his spirit he will devastate himself. The human spirit comprises the mind, will and emotions. If a man does not rule his emotions they will surely rule him. Jealousy and envy are among the most evil emotions we must face. Rooted in pride, they will turn us against others and will turn on anger.

Temperance (Spirit-led self-restraint) is a fruit of the Holy Spirit. Ask Him to fill you today and give you His self-control.

## VI. Self-will

Self-will is wanting to get **my** way – **right away!** Let us look at the example of Simeon and Levi, two of Jacob's sons.

*Genesis 49:5-7, "Simeon and Levi are brethren; instruments of cruelty are in their habitations. O my soul, come not thou into their secret; unto their assembly, mine honour, be not thou united: for in **their anger** they slew a man, and **in their selfwill** they digged down a wall. **Cursed be their anger**, for it was fierce; and their wrath, for it was cruel: I will divide them in Jacob, and scatter them in Israel."*

What a turmoil there must have been inside of these two men. They vandalized property and killed a man because of their anger. Their anger was fierce and their wrath was cruel. It was so bad that the author did not even want to look into it. He did not want his soul or his honour anywhere near their anger.

The anger and wrath of Simeon and Levi divided and scattered their family. *"He that troubleth his own house shall inherit the wind ..."* (Proverbs 11:29a). (The descendants of Levi, admirably, recovered later in their history from their fathers faults.)

This stubborn inflexibility will trigger anger in a man. This starts when he is a little boy. It is called temper tantrums. **Wise parents will not tolerate temper tantrums in little boys or girls.** If they do, they may end up with an adult child someday who has no rule over his own spirit (Proverbs 25:28).

When parents chastise their children immediately and adequately for throwing a temper tantrum, that child learns self-control. Proverbs 16:32, *"He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city."* Self-control then becomes their character.

Self-will, mixed with anger, is deadly. Consider the story found in Luke 23:1-5, *"And the whole multitude of them*

*arose, and led him unto Pilate. And they began to accuse him, saying, We found this fellow [Jesus Christ] perverting the nation, and forbidding to give tribute to Caesar, saying that he himself is Christ a King. And Pilate asked him, saying, Art thou the King of the Jews? And he answered him and said, Thou sayest it. Then said Pilate to the chief priests and to the people, I find no fault in this man. And they were the **more fierce**, saying, He stirreth up the people, teaching throughout all Jewry, beginning from Galilee to this place."*

When these men did not get their way immediately with Pilate they became fierce. When angry men do not get their way right away they become fierce. How sad! Would to God we had more men of temperance – but that will take proper parental discipline and character training of babies and boys.

Being self-willed is not becoming of a Christian man – *"But chiefly them that walk after the flesh in the lust of uncleanness, and despise government. Presumptuous are they, **selfwilled**, they are not afraid to speak evil of dignities."* (II Peter 2:10) What a sad description of rebels.

Jesus was not self-willed – *"For I came down from heaven, not to do mine own will, but the will of him that sent me."* (John 6:38)

A pastor is disqualified if he is self-willed – *"For a bishop must be blameless, as the steward of God; **not selfwilled**, not soon angry, not given to wine, no striker, not given to filthy lucre;"* (Titus 1:7)

## VII. Demonic Possession or Oppression

*Matthew 8:28, "And when he [Jesus] was come to the other side into the country of the Gergesenes, there met him two possessed with devils, coming out of the tombs, exceeding fierce, so that no man might pass by that way."*

We see that the nature of these men is "exceeding fierce." We clearly see why: they were possessed of devils.

The oppression or possession of a man by devils can cause him to be fierce. Even believers can be affected by the inward workings of Satan. "*Why hath Satan filled thine heart to lie to the Holy Ghost ...?*" was asked of Ananias (Acts 5:3).

Why are some devils so fierce? The next verse perhaps gives some insight. "*And, behold, they cried out, saying, What have we to do with thee, Jesus, thou Son of God? art thou come hither to torment us before the time?*" (Matthew 8:29)

Devils know they are doomed. Their judgment has already been pronounced on them. They know their destination is hell and that place has already been prepared for them (*see Matthew 25:41*).

When a devil comes upon a person, he or she tend to take on the nature of that devil. Demons love to possess and afflict man, who was made in the image of God. (*Matthew 8:30-32*)

There is deliverance from devils and what they bring through the power of God. Men enslaved can be set free. Being angry or fierce is not a hopeless thing. Christ can deliver.

*Mark 5:15, "And they come to Jesus, and see him that was possessed with the devil, and had the legion, sitting, and clothed, and in his right mind: and they were afraid."*

If we will REALLY come to Jesus Christ, He can cast the devils out.

*Luke 11:20, "But if I with the finger of God cast out devils, no doubt the kingdom of God is come upon you."*

Let us review the reasons why men are so angry today:

### **1. A Lack of Spirituality**

The fruit of the Holy Spirit is peace, not anger (*Galatians 5:22-23*). “*To be spiritually minded is life and peace...*” (*Romans 8:6*) Peace is the opposite of anger. Peace comes from spirituality.

### **2. A Lack of Scripture Knowledge**

Jesus resisted the temptations of the devil by quoting scripture (*Matthew 4:1-10*). The Devil fled and left Him alone.

The Sword of the Spirit is the word of God (*Ephesians 6:17*). We are told to take the sword. This is our only offensive weapon in our spiritual battles.

If you are an angry man, memorize some scriptures about anger, so that the Holy Spirit can bring them to your recollection as you fight the tempter. You might want to start by memorizing *Ephesians 4:31-32*.

### **3. The Complexity of Life**

The pressures of a complex life produces a burden that many men can not carry. They vent by anger.

The scriptures teach that ours should be a simple life (*see II Corinthians 1:12*).

When a man’s life is out of God’s order he will often try to carry the disappointments of yesterday, the complications of today and the worries of tomorrow all within himself. Stress and a corresponding anger can be produced.

Jesus taught us to forget the past and take no thought for tomorrow. Live simply and by faith today. Lay aside the weights and the nonessential time and energy-wasting complexities in life. Make

your life simple and keep it simple. Life will become less stressful and peaceful.

#### **4. Correction**

*“Correction is grievous unto him that forsaketh the way...” (Proverbs 15:10).* Deep rooted pride eventually will surface in the form of contention (*Proverbs 13:10*).

Proud people rarely improve. We need to be humble, for correction is God’s means of making us better. Correction will make us better or make us angry depending on how much of a man we really are.

#### **5. Jealousy and Envy**

Men often become angry at those they are jealous of. We must rule attitude and emotions. We must be thankful for what God has done for us and keep our eyes off of others. We must ask the Holy Spirit to fill us with His temperance.

#### **6. Self-will**

Some men today terrify their own wives and children, and destroy their own homes. Adult men still having temper tantrums!

Self-will triggers anger in a man. Men need to give up their will to God’s will.

We need to develop a temperate character in our children by instruction and discipline.

#### **7. Demonic Possession and Oppression.**

The man in *Matthew 8:28* was *“exceeding fierce”* because of the demonic possession he endured. The devils know that they have a short time left. Satan is described as a person full of wrath (*Revelation 12:12*). It is no wonder that those he possesses take on his

character.

When Jesus delivered the man from the devils he was restored to *"his right mind."* (Mark 5:15).

We must pray and fast for those oppressed of the devil for God to give them deliverance (see Matthew 17:21).

## **Conclusion:**

It is not becoming of a Christian man to be angry. Let us take what we have learned and apply it all the way to victory. *"... live in peace and the God of love and peace shall be with you."* (II Corinthians 13:11b).

*For the wrath of man  
worketh not  
the righteousness of God.*

*James 1:20*

“Study to shew thyself  
approved unto God,  
a workman  
that needeth not  
to be ashamed,  
rightly dividing  
the word of truth.”

2 Timothy 2:15