

Surviving in an Angry World—Part 2

This article is from the “Among Friends” section of the Church of God Big Sandy’s website, churchofgodbigandy.com. It was posted for the weekend of May 1, 2021. (The article was previously posted Feb. 15, 2014.)

By Dave Havir

BIG SANDY, Texas—On April 24, I began a series to mention concepts from a book titled *Surviving in An Angry World*. The book was written in 2010 by Charles Stanley.

This is the second installment.

On page 23, Dr. Stanley wrote: “Anger is generally expressed in one of three ways: rage, resentment, or righteous indignation.”

Anger expressed as rage

On page 23, Dr. Stanley wrote: “Rage is anger that erupts. I call it ‘powder-keg’ anger. It wells up and explodes with little or no warning. It lashes out at anybody close enough to be in the path of the explosion. It is the behavior we sometimes associate with a person who has a violent temper.”

Dr. Stanley mentioned three bad excuses for rage.

- “This is just the way I am.”
- “God made me this way.”
- “Everyone in my family has a short fuse.”

Anger expressed as resentment

On page 25, Dr. Stanley wrote: “A second major expression of anger is resentment, which also can be labeled ‘hostility.’ Resentment is seething anger that sets up residence within a person. This ‘Crock-Pot’ anger is closely related to bitterness and hatred.

“You know what a Crock-Pot is. You fill it up, turn the heat on, and it slowly boils and stews and simmers and churns its contents . . .

“Resentment is a dangerous form of anger. It appears to be nonviolent because it is internal. In truth, resentment is anger that generates tremendous pain, ill health, and suffering within the person who bears it.

“It is like an emotional malignancy, spreading slowly throughout a person’s life to destroy his sense of peace, fulfillment, and well-being.”

Anger expressed as righteous indignation

On page 28, Dr. Stanley wrote: “Most people think of anger only in negative terms because we are much more aware of the harm anger causes . . . Can anger ever be good? Yes!

“Good anger can be described as righteous indignation, and it has the potential to produce lasting positive results.

“Righteous indignation (good anger) stands in sharp contrast to rage and resentment (bad anger), which is undisciplined, unfocused, and unyielding.”

Dr. Stanley described good anger as the following.

- Disciplined—“It does not rage like an out-of-control wildfire. For anger to have positive results, it must have boundaries and be reined in. It must be subjected to discipline.”
- Focused—“Good anger is not pervasive or generalized. It is focused toward the resolution of a particular problem or the meeting of a particular need. It is directed toward a singular purpose.”
- Short-lived—“It produces good results, and it ends when positive goals have been achieved.”
- Within the boundaries of God’s commandments and His justice—“Good anger, or righteous indignation, must always be rooted in what God calls justice. It stands up for our ‘inalienable rights’ because they have been given to us by our Creator.”