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## ***Irate or Irenic? The Proper Management of Fury - the Biblical Way***

Col 3:8 *"But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth."*

The World watched with horror on international TV during the 94th Oscars Awards Presentation Ceremony on 27 March 2022 when Will Smith slapped Chris Rock in anger publicly when the latter cracked a joke about the former's wife shaved head who was offended. Will Smith later also used vulgar words publicly against Chris, but the latter maintained his composure. How do we handle anger when it overwhelms us? Let us discuss.



Anger is an emotion that all of us have or have encountered before in others. **It is a choice we make to be angry for no one can make us angry technically.** If you examine the video concerning the incident of Will Smith, he was initially laughing along with the jokes by Chris Rock until he saw his wife's facial reaction, it all changed quickly and he decided to do something about it consciously and tangibly, and the rest are history. **Anger is a negative decisive emotional choice in our response to someone or something, be it a provocation, perceived or real.**

### **Understanding the Basis for Anger**

Managing our emotions including our outburst of anger is a necessary skill or attitude to acquire in a fallen world. Christian psychologists and counsellors report that 50 percent of people who come in for counselling have issues with anger. Uncontrolled expressions of anger can hinder good communication and destroy interpersonal relationships and a good witness in the home, office or even church or school, and it can adversely affect both the joy and mental health of many. Sadly, many tend to justify their anger instead of accepting responsibility for it and repenting of it. Most people struggle, to varying degrees, with the control or the expressions of fury. **God's Word has some principles**

## **regarding how to cope and manage our anger in a godly manner, and how to overcome sinful anger if any.**

Anger often can be sinful if it is not restrained but it need not be. There is a only one form of anger of which the Bible approves, which is “righteous indignation.” God is angry (Ps 7:11; Mk 3:5), and believers are commanded to be careful about our expression of anger (Eph 4:26). Two Greek words in the New Testament are translated as “anger.” One means “passion, energy” and the other means “agitated, boiling.” Biblically, anger is an outburst of emotion and often done out of proportion. An example of biblical righteous anger is Jesus’ rightful anger when He overturned the tables of the Jews who defiled the sabbath and sacred worship at God’s temple in Jerusalem by money making activities (Jn 2:13-18). Notice that the incident is not about oneself, but a defense of a principle.

Controlled anger at an injustice inflicted against another or oneself can be appropriate if expressed properly. Anger has been said to be a warning sign to us or others especially if one has violated the law of God but in a measured manner (eg. if someone steals things from you or lie about you). We need to be mindful of the recipient and the proper expression of our anger that often may have suffered injustice.

### **When Anger is Sinful**

The first murder in the Bible happened when Cain killed Abel in anger and jealousy. (Gen 4:8) Anger can be sinful when it is motivated by selfishness pride or hatred or revenge (James 1:20), when it is unproductive and thus distorts God’s purposes (1 Cor 10:31), or when anger is allowed to linger on till the next day which is unhealthy (Eph 4:26-27). A sign that anger has turned to sinful action is when we attack the wrongdoer personally or unjustly. Ephesians 4:15-19 says we are to speak the truth in love and use the right words to build others **up, not to allow idle or abusive, untruthful or hurtful words to come from our lips. Let us be careful that our speech be seasoned with grace and salt. (Col 4:6)**

Unfortunately, unedifying or abusive speech is a mark of fallen man (Rom 3:13-14). Anger becomes sin when it is allowed to build up in our lives without restraint, resulting more hurt (Prov 29:11). The consequences of the outburst of wrath can be serious. Anger also becomes sin when the indignant person refuses to be pacified, holds a grudge, or fester the anger into an unedifying behavior (Eph 4:26-27). This, if it persists, can cause serious problems between or among people in the long run and can also cause irritability which can lead one to do something that he or she may regret later. King Asa lost his temper and imprisoned the seer. He also oppressed the people in a rage and a disease in his foot cleaved to him as a punishment from God. (2Chr 16:10-14). ***“Those who fly into a rage seldom makes a good landing.”***

**Managing our anger biblically requires us to recognize and admit our sinful anger and/or our wrong handling of anger as sin** (Prov 28:13; 1 Jn 1:9). This confession of our sin should be to God and to those who we have offended by our anger. We should not minimize the sin by excusing it or shift blame to someone else.

**Managing our anger biblically includes humbly seeking God in prayer, confession of sin and repentance.** This is especially needful and even if people have provoked us, there is still no excuse to sin in anger. Jas 1:2-4, Rom 8:28-29, and Gen 50:20 all point to the fact that God is sovereign over every circumstance and the person whom we meet. Though God may permit some bad things to happen in His good pleasure, He is always faithful to His covenant people to provide a way out for us. Our God is a gracious and merciful God and He will not always chide nor keep His anger after we repent (Ps 145:8, 9, 17).

**Managing our anger biblically requires a sincere and willing surrender of our rights and leaving things to the sovereignty of God and not take things in our own hands.** This is especially important in cases of injustice when men may spread lies or incite us to anger by their actions or words of false statements or to provoke or exasperate us. Gen 50:19 and Rom 12:19 both tell us we are not God and we should not try to be and takes things in our hands. God is righteous and just, and we can trust Him who knows all and sees all to act justly and manage our response prayerfully. (Gen 18:25)

**Strive to manage anger biblically by seeking to return good for evil** (Gen 50:21; Rom 12:21). We know it is not easy, but it is not impossible. This is key to converting our anger into actions of caution or outreach of love. As our actions flow from our cool heads and our hearts, we need to submit to the will of God. (Matt 5:43-48) That is, we can change our feelings or actions toward another by changing how we choose to think speak or act toward that person. Our witness and testimony for the Lord is at stake here.

### **Steps in the proper Expression of Anger**

**We can manage our anger biblically by communicating factually and objectively to the person to resolve the problem with a right tone and choice of words** and not in a confronting or offensive manner. There are four basic rules of communication shared in Ephesians 4:15, 25-32:

- 1) **Speak the truth in love (Eph 4:15, 25).** People cannot read our minds. We must speak the truth but in a caring or loving manner and tone and not in a loud provocative manner. Think of the consequences of our anger that we will regret it if we do not restrain ourselves.
- 2) **Do not bring up old scores (Eph 4:26-27).** We must not allow what is bothering us in the past to build up an angry emotion until we lose control. It is important to deal with the situation by restraint and sound reason before it reaches a boiling point of no return.

- 3) **Address the issue to resolve it amicably** and not to attack the person unfairly unless there is a sound cause for it (Eph 4:29, 31). We must remember the importance of keeping our voices and our tone down when we are angry and pray for wisdom for restraint and for temperance in our words and behavior. (Prov 15:1).
- 4) **Act prudently and prayerfully**, do not overreact emotionally or willfully. (Eph 4:31-32). Because of our fallen nature, our first impulse is often a sinful one without restraint (v. 31). Prayerfully consider and reflect upon the godly way to respond (v. 32) and to remind ourselves how our indignant response should be directed to solve problems and not create new or bigger ones. Above all, we do not want to offend God in our fury nor be a negative testimony to our children or loved ones.

**We are to be careful with our thoughts, speech or actions that they do not build up unedifying emotions out of pride or resentment.** (1 Cor 2:15-16; Matt 10:16). Do we need to verbally fight with everyone and win against them all the time? (Matt 7:6). Our desire to manage our anger can help us to develop greater patience and long suffering which can change our character and our testimony. We need to seek forgiveness from God if we fail in our emotional outburst and to forgive others when they offend us. We need to examine ourselves. **Do not give Satan a foothold in your life and cause you to sin against God and man.**

### **Conclusion**

Finally, **“a rage seldom comes from a sage”** and we must strive to be at peace with all men (Rom 12:18). We cannot control how others act or respond, but we can be careful about our response. Managing a sinful temper is not easy but it is not impossible. It requires much temperance, prayer, Bible, obedience, repentance of sins and reliance upon God’s Holy Spirit. Ungodly outburst anger can be prevented. **By the help of the Spirit and much prayer, we should not allow anger to become entrenched in our lives by habitual practice, but let us strive to respond correctly and in a constructive manner that God is glorified and men edified in our proper response and action.**

*Jack Sin*

*(Expanded and edited from GotQuestions.org on What does the Bible says about Anger. Read also Wayne Mack, Anger and Stress Management – God’s Way, 2007.)*

**SHBPC**  
**Good Friday and Easter Services**

**Good Friday**

15 April 2022, 8:00 pm

**Divine Satisfaction at the Cross**

**Easter Service**

17 April 2022, 10:00 am

**Of Dying and yet Living**



by Rev Dr Jack Sin

Come and find out the meaning and impact of  
the death and resurrection of Christ

**All are Welcome**

Those interested to register with  
Dn Yue Kay at 97450311 by 13 April 2022

Venue : Sovereign Hope BP Church  
160, Paya Lebar Rd. Orion @ Paya lebar #04-06.  
S(409022)

# BIBLICAL PARADOXES OF LIFE EXPOUNDED

LORD'S DAY PROGRAM APR-JUN 2022

## APRIL

[3] FINDING & LOSING ONE'S LIFE  
MATTHEW 10:31-39

[10\*] CHOSEN BY GOD & ABIDING  
JOHN 15:1-16

*Good Friday Service*

[15] DIVINE SATISFACTION AT THE CROSS  
JOHN 19:25-42

*Easter Service*

[17] OF DYING & YET LIVING  
MATTHEW 28:1-10

[24] SORROWFUL YET REJOICING  
2 CORINTHIANS 6:1-10

## MAY

[1] POOR & YET RICH  
MATTHEW 5:5, PHILIPPIANS 4:10-19

[8\*] TEMPORAL & ETERNAL  
1 JOHN 5:1-13

[15] STRENGTH IN WEAKNESS  
2 CORINTHIANS 12:1-10

[22] KNOWING THE LOVE OF CHRIST  
THAT SURPASSES KNOWLEDGE  
EPHESIANS 3:11-19

[29] OF LIGHT & DARKNESS  
2 CORINTHIANS 4:1-7

## JUNE

[5] OF HOLINESS & WORLDLINESS  
1 JOHN 2:15-21

[12\*] OF PERPLEXITY & PEACE  
2 CORINTHIANS 4:8-18

[19] SPIRIT OF TRUTH VS ERROR  
1 JOHN 3:18-4:6

*Gospel Sunday*

[26] ENDLESS HOPE OR HOPELESS END?  
ROMANS 5:1-11

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The Men's Walking Fellowship keeping fit and healthy together at their regular outings in various parks.

**Psalm 103:1**  
*"Bless the LORD, O my soul: and all that is within me, bless his holy name."*  
 Thank God we could after 2 years, resume praising God with our voices on 3 Apr 2022, though fully masked. (The worship chairman is permitted to be unmasked in accordance with the regulations.)



Rejoicing with our April birthday worshipers with their book gifts.

## Memory Verse

*John 15:16* Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you.

## Announcements

1. Welcome to our Worship Service! For our visitors, do leave us your contact numbers in our guest book before you leave.
2. Pastor speaks today on “**Chosen by God & Abiding (John 15:1-16)**”, continuing the new quarterly series on “**Biblical Paradoxes of Life Expounded**”.
3. Pastor speaks on Good Friday 15 Apr, 8pm on “**Divine Satisfaction at the Cross (John 19:25-42)**”,
4. Pastor speaks next week on Resurrection Sunday on “**Of Dying and Yet Living (Matt 28:1-10)**”.
5. Sunday School classes continues after worship service:
  - WCF Shorter Catechism Class – Pastor Jack
  - An Interesting Study – Joseph
  - Studies in Deuteronomy – Dn Kwong Leen
  - Burmese Bible Class - James
6. Chinese Fellowship meets on Sunday night at 7pm via Zoom with both local and overseas brethren. Included in the programme is a study on Church History in China on alternate Sundays. Join us for a time of profitable learning.
7. Do send your prayer items to Pastor and join us for Church Prayer Meeting on Wed at 8pm via Zoom. The prayer list is available in church.
8. In accordance with the Vaccination-Differentiated Safe Management Measures (VDS) that is effective from 1Feb, our Sunday worship services are for vaccinated worshippers. The measures do not apply to religious classes ie. Sun School and Bible Study classes and hence all are welcome to attend.
9. **The Church camp will be from 16 -18 June at Changi Cove** on the theme “**Biblical Precepts for a Vibrant Christian Walk**” by Dr Jack Sin. Registration Forms are available from Dn Yue Kay and all are encouraged to register as soon as possible as there is a limited capacity.
10. Monthly Neighbourhood Bible Class will next meet on **Fri 6 May 2022, 7.30pm in church** on the study of 2 Samuel. Come and join us!
11. Those who wish to bring a new friend to the worship service, kindly inform the safety officer Dn Yue Kay or Pastor at least a day in advance.
12. Do kindly observe the safety measures of the church and assist with the weekly cleaning of the premises.
13. Love gifts, Offering and Tithes to the Lord can be given in the following ways:
  - **Cheque** payable to **Sovereign Hope Bible Presbyterian Church** and mail to church address. (Kindly write the full name of the church as indicated.)
  - **Fund transfer** to Church **UOB** Account **392-308-825-1**
  - **PayNow** to Church UEN: **T19SS0116FSOV**