

AA60. Not Allowing Anger to Cause Us to Sin.

We are not to allow the emotion of anger to cause us to sin..

This precept is derived from His Word (blessed is He):

Key New Testament Scriptures

Ephesians 4:26

Be angry, but don't sin- don't let the sun go down before you have dealt with the cause of your anger; otherwise you leave room for the Adversary.

Additional New Testament Scriptures

2 Corinthians 12:20-21

Galatians 5:19-20

Related New Testament Mitzvot

AA64 Being Slow to Anger

AA65 Not Holding onto or Prolonging Anger

GB44 Exercising Self Control (Discipline)

Supportive Tanakh Scriptures

Psalms 4:4(3)-5(4)

You can be angry, but do not sin! Think about this as you lie in bed, and calm down.

Proverbs 19:11(10)

People with good sense are slow to anger, and it is their glory to overlook an offense.

Comment

Ephesians 4:26 makes it clear that while anger (if unchecked) can open us to the Adversary (Satan) and the commission of sin, anger itself is not sinful. It also makes it clear that should we become angry for any reason, we can and must control it, and not permit it to cause us to sin.

Related Mitzvot in Volumes 1 & 2

N16 Nursing Anger Toward Our Neighbor