

## Unresolved Anger is Devastating!

*“My father/husband cannot control his anger — the tension from past incidents (iniquity) is too great!”*

Anger is a major destroyer of relationships. Anger is one of the common denominators among juvenile delinquents. It is one of the major causes of broken marriages. It is a chief contributor to health problems and a major factor in loss of productivity, in accidents, and in turnover in the workplace.

When a husband expresses anger to his wife, he damages the spirit of their marriage. This is expressed in Scripture when Paul states: *“<sup>19</sup> Husbands, love your wives and do not become harsh toward them” (Col. 3:19)*. When a father is angry with his children, he destroys their trust in him (*“<sup>21</sup> Fathers, do not provoke your children, so they will not become discouraged Col. 3:21*). When an employer expresses anger with employees, he decreases their desire to achieve and productivity will go down.

### **Unresolved Anger is a ‘Goliath’ that every person must conquer.**

Anger is not limited to one age group, culture, race, economic level, social status, educational background, or any other classification. It is a universal problem. When 10,000 men across the United States were asked if they had a problem with anger, 95 percent acknowledged that they did. Anger is not just a problem in our day, but it has been a problem since the beginning of history. Anger was the first evidence of the Fall of Man and resulted in the first murder (See Gen. 4:3-7)

### **Anger is a deep-rooted problem.**

It is no small task to help a person resolve anger. Scripture states, *“One with great rage will pay a penalty, for if you rescue him, you will have to do it again” (Proverbs 19:19)*. The only hope of resolving anger is to find the root(s) that cause it and deal with them in a wise and effective way. There is a significant relationship between anger and lust. Both are expressions of unrestrained emotions, and both focus on present fulfillment with little or no thought of future consequences. The primary Greek word for *anger* is *“orge”* which is the root of the English word *orgy*. It is defined as *“an excitement of the mind,”* and *“violent passion.”* These are the very same emotions that are related to lust.

When a man sows immorality, he also exposes his children to similar temptations, and when he tries to discipline them for their actions, he often overcorrects them with a destructive spirit of anger. There is also an obvious relationship between anger and violence. If anger develops into hatred, one is guilty of becoming a murderer in his heart (*“<sup>15</sup> Everyone who hates his brother is a murderer—and you know that no murderer has eternal life abiding in him” 1 John 3:15*). What is in a person’s heart tends to be expressed in his actions (See Matt. 12:35). *Adonai and Yeshua* had much to say about this (See Matt. 5:21-24).

### **How Does Anger Damage a Person’s Health?**

Anger is costly. It damages the health of the angry person and those exposed to the anger. It destroys vital relationships and results in financial loss due to disease, unwise judgment, or destructive behavior.

### **Heart Disease**

Every outburst of anger kills thousands of muscle fibers in a person’s heart. Over the years scars accumulate, blocking vital passages and contributing to heart failure and death. Anger also stimulates the adrenal glands to produce hormones called *catecholamines*, which strengthen a person during times of crisis. When these hormones are released in large quantities, the heart beats more rapidly and powerfully, some blood vessels contract while others dilate, and the liver increases the level of glucose in the blood, alerting every member of the body. However, when triggered by anger, this energy remains unused because of damaging imbalances in the bloodstream caused by that anger. If this energy is used for violent behavior, even greater damage results in property and relationships.

## **Atherosclerosis**

As blood surges through the circulatory system, arteries bulge and then shrink to normal size with each beat of the heart. Blood vessels are normally quite elastic. However, anger constricts so many blood vessels at the same time that it raises systolic pressure. This increased pressure stretches arteries beyond their elastic limits and causes thousands of microscopic lesions along their interior linings. When these linings are injured, platelets in the bloodstream accumulate at the site of each lesion to heal the wound, much like bandages. As the platelets heal the wounds, they release chemicals that attract large amounts of cholesterol, which is then absorbed by the *endothelial* lining. Each expression of anger saturates the *endothelial* lining with cholesterol, making the artery walls thick and inelastic.

## **Hypertension and Kidney Damage**

An imbalance of hormones resulting from anger also damages key organs such as the kidneys. The individual filtering unit of the kidney contains a network of capillaries from which waste is filtered. High levels of hormones damage the walls of these capillaries so that they become clogged, causing a buildup of blood. The kidney senses the buildup and attempts to correct the problem by elevating blood pressure throughout the body by secreting excessive amounts of *renin*. *Renin* increases the heart's systolic pressure and induces hypertension.

## **High Cholesterol Count**

Many people try to regulate the level of cholesterol in their blood by eating foods low in fat. However, recent studies suggest that anger and other emotional stresses contribute as much to high cholesterol as does diet. One angry outburst may elevate cholesterol levels for as long as ten days. The results of unresolved, prolonged anger probably nullify any attempts to lower cholesterol levels via a low-fat diet.

## **Visible Evidences of Anger**

Angry people often deny that they are. The following symptoms give clear evidence that they are angry.

1. **Irritability:** A buildup of inward tension causes an angry person to become irritated with situations and circumstances that would otherwise not bother him.

2. **Impatience:** Tolerance for the weaknesses and limitations of others is reduced by anger. An angry person often demands an instant response to instructions & is furthered angered when his instructions are not understood.

3. **Raised Voice:** Anger, along with impatience, will often be expressed in loudness of voice. The tone will communicate harshness and lack of love.

4. **Glaring Eyes:** An angry look with penetrating eyes, a pronounced frown, furrowed brows, tense facial muscles, flushed complexion, prominent veins, and enlarged pupils

5. **Hurtful Words:** A parent may express anger to a child by harsh, unkind words & statements like, “*You are good for nothing*” or “*You idiot*” or “*I wish you were never born*” or “*Why can't you be like others?*”

6. **Explosive Actions:** Using extra force to put down an object, slamming doors, or throwing things is clear evidence of anger. An angry person thinks he is showing self-control by avoiding more serious confrontations.

7. **Cutting off Communication:** An angry person will usually close his spirit toward the one who made him angry—as evidenced by silence, poor eye contact, or avoidance.

8. **Argumentation:** Wounded pride will motivate an angry person to challenge the opinions, ideas, or instructions of those around him and especially those over him.

9. **Clenched Teeth:** Anger causes the jaw muscles to tighten. This brings great pressure on the teeth when they come together. The result is the clenching or grinding of one's teeth.

10. **Heavy Breathing:** Anger causes a more rapid heartbeat, which, in turn, requires more oxygen and causes heavy breathing.