“LET NOT THE SUN GO DOWN ON YOUR WRATH”

“Never go to bed angry.” Ever heard that statement. “Settle everything before you go to bed.” Some people think this is something handed down from generation to generation, but it has a biblical foundation.

“Be angry and do not sin; do not let the sun go down on your anger,” Paul wrote in Ephesians 4:26. (all quotations from ESV)

There are two things of note in this passage:

1. It is possible to be angry and not sin.
2. It is also possible for anger to get such a hold that it will last more and a day and that is not good.

Anger is a common emotion and I might say a divine one also. God became angry with Moses “Then the anger of the LORD was kindled against Moses.” (Ex. 4:14) Moses was angry with Pharoah, “And he went out from Pharaoh in hot anger.” Ex. 11:8

More than once it was said of Jesus that he was angry. Far too many regard Jesus as a man who could not muster anger, but exuded “love” toward all. “And he looked around at them with anger, grieved at their hardness of heart, and said to the man, ‘Stretch out your hand.’” (Mark 3:5)

To let go of anger quickly is a good thing. James said, “for the anger of man does not produce the righteousness of God.” (James 1:20)

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