

ANGRY WOMAN

When one displays Righteous Anger against those who trample over the laws of God , why does the world cry foul? Anger In The First Degree empowers us to speak out and protest for a better society, one with moral values and respect for the human race.

Is it a sin to be angry? It depends on the degree. Ephesians 4:26 states "Be Angry, and yet do not sin". It is truly possible to be angry and yet not sin. Christians ought surely be angry over the injustices mankind perpetrates upon each other and on society, but to what degree?



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Don't go mad, get angry

Anger in the First Degree



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Degrees of Anger

According to Merriam-Webster's Dictionary 10th ed., "Anger is a general term, which names the reaction but in itself conveys nothing about the intensity or justification or manifestation of the emotional state." It also describes an angry young man as an "Outspoken critic of or protester against an economic condition or social injustice. An angry woman is just such a critic and protester as well.

Anger in the 1st Degree is deliberate in its premeditation. When one acts in the first degree, she acts not out of rage or fury, but out of courage.

Righteous indignation. [Proverbs 19: 11, 15:1;](#) [Ephesians 4:26](#)

Anger in the 2nd Degree is where she reacts after being caught off guard and then responds without thinking. **Spontaneous exasperation.** ([Matthew 5:22](#))

Anger in the 3rd Degree is a vengeful act without thought or concern for others. The perpetrator acts out of control and with much strife and **wrath.** ([Proverbs 29::22](#))

When a woman is angry in the 1st degree, she is 1: aware of the cause of her anger, 2: she has concluded that something has to be done or said to remedy the situation and, 3: she goes about with purpose of mind to correct the wrong being done to her and/or others in society. "Then the sons of Israel did evil and the anger of the Lord burned against Israel" ([Judges 10:6-7](#)). There are some things that should anger us and cause us to take deliberate steps to fix the immoral wrongs of society: abuse of any kind, murder, adultery, lying, thievery, and the likes.

Anger in the 1st degree allows a woman to ex-

press that anger, with positive acts of written and/or verbally seeking positive change. Lots of people have paid psychiatrists and physiologists thousands of dollars just to help them admit that they are angry. It is comforting to be able to say to another without trepidation, "I am angry with you." What a freeing experience to tell the truth.

Anger in the 2nd degree develops usually out of vexation. One will act prematurely because of annoyances, frustration or distress. She may become unable to think thereby reacting in a negative way. But and because there is some semblance of control, she's not out of control for long. In [Matthew 26:69-75](#), Peter provoked by the servant girl identifying him as a follower of Christ reacts in distress, he denies knowing Christ. He continues to deny Christ and reacts to the point of swearing as others proclaim him a follower of Christ. After the rooster crowed Peter remembered what Christ had said and he wept bitterly because of his quick and deliberate denial of Christ. In his state of 2nd degree anger, he acted out of frustration and distress causing a lapse in his judgment and he denied Christ three times. Second degree emotions are not purposeful, but reactive. Peter was genuinely sorrowful for his actions and he wept bitterly ([Matthew 26:75](#)) as he reflected upon his behavior. Passion often overrules conscience. Being aware of this makes for peace!

Second degree anger may cause her to have momentary aggressive reactions to spontaneous situations. These reactions are quickly overcome by reason once realized.

Any time you are struck by a boyfriend, someone tries to belittle you, your employer cheats you out of your pay, insurance compa-

nies deny your legitimate claim etc . . . anger in the 1st is the place to go! There is a need to rebuke. [Proverbs 15:1](#)

Anger in the 3rd Degree is encompassed with rage, wrath, fury and madness. When one is angry in the third degree, she will react negatively to life's trivial situations, causing long term repercussions for all concerned.

Cain is a prime example of a person reacting in the third degree. Without cause and in a rage, he kills his brother for no reason and has no regret for doing so. ([Genesis: 4:4](#))

Anger in the 3rd degree feeds upon doubt and selfishness. A woman's own lust of the eye, lust of the flesh and the pride of life are her true partners in crime ([1st. John 2:16](#)). Envy, jealousy, and prejudice run rampant in her life. She will react foolishly to daily, inconsequential, trivial and inconvenient situations. There is no rhyme or reason to her anger and you will find destruction in her path. If you find yourself in the path of her 3rd degree anger, lookout and get out of her way or be destroyed, emotionally and physically.

Injustice has a face and anger has her place in insisting that something be done about it. If Martin Luther King, Jr. and others had not gotten angry about discrimination in our society, nothing would have changed for those being abused. If women had not fought for Women Suffrage, we would not be voting today. Let anger in the 1st lead us to a better life and country as we stand for righteousness, not in our own view but in God's view. [Proverbs 3:5-6](#) "Lean not on your own understanding . . ."

