A. Anger can be dangerous, can’t it? I don’t know if you have a bad temper, but I’m convinced that most of us experience times when we lose our tempers, because anger is one of the hardest emotions to control. Psychologists tell us that anger develops in 5 stages: Irritation, Indignation, Wrath, Fury, & Rage. Now let me explain each of these stages. 1. The first stage is Irritation This is not too bad. C. In the light of all this, let’s look at Ephesians 4:26-27 where the Apostle Paul says, “In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold.” I don’t know if you have really thought about this passage before. But the first time we read it, it often causes us to have a double take, because it says, “In your anger do not sin.” Christians need sanctification, defense against sin; but they also need to keep on the offensive: continuing to grow up by the grace and truth which has been made available to us. The one is not really possible without the other, and that explains quite a lot about why this current generation of Christians is failing the sanctification test – because it has first failed the growth test. Keep on fighting this good fight in the cause of Jesus Christ, Bob L. Question #4: Hi Bob, Thank you for your response to my last email. Is there any correct translation of Romans 5:12 that permits an understan Christian Anger By David Winters. (I do not consider myself an authority of any kind, merely someone trying to walk in accordance with God's Word and serve Him as best I can.) Please Note: Each coloured link within the article will lead you to a related topic on a different page of this site. However while the text is part of the original article, the links are not. In your anger do not sin: Do not let the sun go down while you are still angry. Ephesians 4:26, NIV. These two passages instruct Christians to handle anger quickly. But what was his response when his wife invited him to curse God? But he said to her, “You speak as one of the foolish women speaks. Shall we indeed accept good from God and not accept adversity?” In all this Job did not sin with his lips. Job 2:10, NASB.