

Episode Notes

QUESTIONS GRIEVING CHRISTIANS ASK: IS BEING ANGRY AT GOD A SIN?

KEY POINTS:

- The emotions of grief following a loss may include anger - fueled by our extreme sadness, loneliness, fear and disappointment
- Sometimes, after a loss, a person may find themselves angry with God and then wonder if they are sinning by admitting their anger
- Being angry is an emotion. What we do when we are angry (what we say or do) can be a sin. Anger and sin are two different things that may or may not go together.
- God understands your pain including what it feels like to have loved ones die.

RELATED SCRIPTURE:

- **Anger isn't Sin** (but can lead to sin) - **Ephesians 4:26**: "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."
- **God offers Comfort** - **2 Corinthians 1:3-4** "Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God."

STEPPING STONE:

Please consider bringing your pain before your Heavenly Father. Confess your disappointment and all your feelings. You can write your prayer out in a journal or express your thoughts in the comment section below this video.

HEART CHECK

Date:

What have you been thinking and feeling today?

