

Psalm 10 Discussion Guide

Passage Summary

Psalm 10 gives us an honest picture of what anger looks like when brought before God. The psalmist looks around and sees injustice, oppression, arrogance, and people using power to harm others. He sees the vulnerable being exploited and the wicked acting as though God neither sees nor cares. His response is not detached. He is angry. That honesty matters.

Scripture does not teach us to deny anger or pretend that faithful Christians never feel it. In fact, the Bible tells us, “Be angry and do not sin.” Anger itself is not always sinful. Sometimes anger reveals that something deeply wrong has taken place. But anger is also powerful, and if we refuse to acknowledge it, it can begin to control us.

A helpful first step, then, is to **own our anger**. We do not hand it the steering wheel, but neither do we hide it away and pretend it is not there. Like screaming children in the back seat of a car, anger must be acknowledged without being allowed to take control. From there, we must **diagnose our anger**. Anger is often a secondary emotion. Beneath it may be fear, sadness, embarrassment, shame, or a sense of losing control. We need to ask not only, “Am I angry?” but also, “Why am I angry?” Sometimes our anger exposes idolatry. Something we love too much has been threatened: our reputation, our comfort, our success, our schedule, our sense of control. In those moments, anger reveals what our hearts are clinging to.

At other times, anger may reflect something of God’s own concern for justice. Psalm 10 gives voice to anger over the mistreatment of the weak and vulnerable. There is such a thing as righteous anger. But even righteous anger must be handled with humility. We must ask, “How am I angry?” Is our anger making us arrogant, harsh, or destructive? Or are we still able to listen, receive correction, and act with humility?

The psalmist then shows us that anger must be **entrusted** to God. He asks God to arise, intervene, and bring justice. He does not pretend injustice does not matter, but neither does he place himself in the position of final judge. That belongs to God alone. If we do not believe God will judge rightly, we will eventually attempt to take judgment into our own hands. Anger then becomes consuming. Entrusting our anger means believing that God sees what we see, knows what we do not know, and will ultimately judge with perfect wisdom and justice.

Finally, our anger must be **filtered through the gospel**. The psalmist prays, “Arise, O Lord; O God, lift up your hand.” Yet if God’s hand of judgment fell immediately and fully upon every evildoer, none of us could stand. We are not merely people who have been sinned against; we are also sinners ourselves. This is where the cross changes everything. Jesus, the only truly righteous One, bore the judgment our sin deserved. He prayed, “Father, forgive them,” even as He was being crucified. Because Christ has shown such mercy to us, our anger can no longer remain untouched by grace. The gospel does not make injustice unimportant. It does not tell us to ignore evil or refuse to seek what is right. But it does change the posture from which we respond. We can seek justice without becoming vindictive. We can confront wrong without dehumanizing others. We can forgive because we ourselves have been forgiven. Our anger must ultimately pass through the cross.

Theological Highlights

1. Anger Is Not Automatically Sinful

Scripture makes room for anger, especially in response to evil and injustice. The question is not simply whether we feel anger, but what we do with it.

2. Anger Often Reveals What We Love

When something we treasure is threatened, anger often rises. That makes anger a helpful window into the desires and idols of our hearts.

3. God Is the Final Judge

Christians can seek justice while refusing vengeance because judgment ultimately belongs to God.

4. The Gospel Changes the Posture of Our Anger

At the cross, justice and mercy meet. Because we have received grace, we are called to extend grace even as we confront what is wrong.

5. Humility Is Essential in Anger

Even when our anger begins for a legitimate reason, pride can quickly corrupt it. Healthy anger remains open to correction, wisdom, and self-examination.

Discussion Questions

Owning Our Anger

1. How comfortable are you admitting, “I am angry”?
 - Do you tend to minimize it with words like “frustrated,” “annoyed,” or “stressed”?
 - Why do you think anger is difficult for us to acknowledge?
2. What usually happens when you suppress or ignore your anger?
3. When anger shows up, are you more likely to let it take control or push it down completely?
 - What would it look like to acknowledge anger without allowing it to drive?

Diagnosing Our Anger

4. Think about a recent moment when you became angry.
 - What emotion may have been underneath it: fear, sadness, embarrassment, shame, or something else?
5. Ask the question, “Why am I angry?”
 - What felt threatened?
 - Your reputation?
 - Your comfort?
 - Your schedule?
 - Your control?
 - Your sense of being valued?
6. Anger often exposes what we love most.
 - What does your anger tend to reveal about the things your heart values?
7. Psalm 10 shows legitimate anger over injustice.
 - What kinds of injustice stir you most deeply?
 - Why do those particular issues affect you?
8. How can we distinguish righteous concern for injustice from anger that is ultimately centered on ourselves?
9. Ask the question, “How am I angry?”
 - Does anger make you harsh, defensive, dismissive, or arrogant?
 - Are you still willing to listen to someone who disagrees with you?
10. Who in your life has enough trust and access to lovingly challenge you when your anger becomes unhealthy?

Entrusting Our Anger

11. What makes it difficult to believe that God will handle injustice better than you can?
12. Is there a person or situation where you are still trying to make someone “pay” for what they have done?
 - What would entrusting that judgment to God look like?
13. How is entrusting anger to God different from ignoring injustice or pretending nothing happened?
14. Where are you currently carrying resentment because you feel like justice has not been done?
 - What might it look like to bring that honestly before God?

Filtering Our Anger Through the Gospel

15. Psalm 10 asks God to rise up against evildoers, but the gospel reminds us that we too need mercy.
 - How does remembering your own need for grace change the way you view someone who has wronged you?

16. Jesus prayed, “Father, forgive them,” while suffering injustice.

- What does His response reveal about the kind of people grace is forming us to become?

17. Is there someone you have reduced to the worst thing they have done?

- How might the cross help you see that person differently without minimizing their wrongdoing?

Closing Prayer Points

1. Pray for Honesty About Anger

- Ask God to help you recognize anger rather than deny or excuse it.
- Bring specific frustrations and hurts honestly before Him.
- Pray for freedom from both suppressing anger and being controlled by it.

2. Ask God to Reveal What Is Beneath the Anger

- Invite the Holy Spirit to expose fear, sadness, shame, pride, or idolatry.
- Ask God to show you what your anger reveals about what you love.
- Pray for humility to receive correction from trusted people.

3. Pray for Righteous Concern About Injustice

- Ask God to make your heart sensitive to those who are vulnerable, mistreated, or overlooked.
- Ask that your concern would reflect God’s compassion rather than self-righteousness.

4. Entrust Judgment to God

- Name before God the people or situations where you feel wronged.
- Ask for faith to believe that He sees and judges perfectly.
- Pray for freedom from resentment, revenge, and the need to personally settle every score.

5. Filter Anger Through the Cross

- Thank Jesus for bearing the judgment your own sin deserved.
- Ask for mercy toward those who have sinned against you, even as you pursue what is right.

6. Pray for Christlike Responses

- Ask God to make you slow to speak and quick to listen.
- Pray for strength to respond with humility rather than arrogance.
- Ask that even your anger would increasingly reflect the character of Jesus.