

The Gospels Series: Did Jesus Ever Get Angry?

Speaker: Rev. Dr. Jim Lowry

Date: Sunday, October 5, 2025

Scripture: Mark 3:1-6 (also Ephesians 4:26; Hebrews 4:15)

SUMMARY

Jesus got angry, but He did not sin. From Mark 3, Rev. Dr. Jim Lowry explores why we get angry (fear, hurt, guilt) and how to handle anger in a Christlike way.

OVERVIEW

In Mark 3, Jesus heals a man with a shriveled hand on the Sabbath and looks at the Pharisees "in anger, deeply distressed at their stubborn hearts." Rev. Dr. Jim Lowry asks: did Jesus really get angry? Yes, but He did not sin, and that shows us what to do with our own anger.

Anger itself isn't the problem. Unresolved, misused, buried, or vented anger is. "In your anger do not sin" (Ephesians 4:26).

KEY POINTS

- *Name what's under it.** People usually get angry for one of three reasons: fear (an adrenaline rush meant for danger), hurt or a sense that our rights were violated, or guilt when we're under conviction. With warm stories about a chatty six-year-old in the car and a trash bag left too long, he shows how to acknowledge and assess the anger before acting.
- *Jesus' anger was righteous and redemptive.** Jesus was angry at religious rules that kept people from healing, and at a temple turned from a house of prayer into a marketplace. His confrontation led to conviction, and some leaders, like Nicodemus, later followed Him.
- *Christ helps us.** Jesus felt every human emotion (Hebrews 4:15) and stands ready to help. Forgiveness matters, but it never means submitting to abuse.

MEMORABLE LINES

None pulled yet from the transcript.

TAKEAWAY

Instead of venting or burying your anger, bring it to Jesus. Deal with it honestly and let Him lead you to positive, grace-filled action.

SOURCE

- Whisper (base.en) transcript of the Subsplash service audio
- Confidence note from audit: High
- YouTube: <https://www.youtube.com/watch?v=AA7zXzMNBV0>
- Website: <https://www.baypointchurch.com/media/dptkgxc/the-gospels-series-did-jesus-ever-get-angry>