



Links Players

Anger—The Good, the Bad, and the Ugly

Fools give full vent to their rage, but the wise bring calm in the end. (Proverbs 29:11)

A tranquil heart gives life to the body, but envy rots the bones. (Proverbs 14:30)

Few sports seem more perfectly designed to stir up frustration than golf. We've all been there—muttering under our breath, unleashing a few choice words, or even hurling a club in exasperation. In moments like these, anger feels like a flame licking at the edges of reason—a wildfire fed by wounded pride.

Pastor Tim Keller once called anger a “mixed bag”—capable of terrible destruction, but also able to serve good purposes, even bringing healing.

The Destructive Side of Anger

Proverbs 14:30 anticipates what modern science has only recently confirmed: sustained, unbridled anger harms the body. Research from the National Institutes of Health and elsewhere shows that frequent, explosive anger can:

- Impair vascular health and raise long-term heart disease risk
- Increase the likelihood of premature cardiovascular events
- Fuel chronic inflammation linked to numerous diseases
- Trigger high blood pressure, digestive problems, and skin conditions

The takeaway is sobering: unmanaged anger wounds the mind, spirit, and body alike.

The Call to Slow Anger

When anger rises, wisdom urges us to hold it in check. “In your anger do not sin” (Ephesians 4:26). Anger itself is not the problem—especially when it arises in response to injustice. What matters is where we aim it.

God revealed Himself to Moses as “compassionate and gracious, slow to anger, abounding in love and faithfulness”(Exodus 34:6–7). His slowness to anger always has restoration in view.

Even when fully justified in His wrath against an evil, violent, and unjust world, God chose redemption over destruction. This patient, purposeful anger is not the opposite of love—it is an expression of it.

Diagnosing the Root

Healing our anger begins with honest confession, which requires humility and vulnerability. Then comes reflection: Why am I angry? What triggers me? What lies at the root?

St. Augustine observed that anger often flows from disordered loves—when good things become ultimate things. Golf, for example, is a good gift. But if it becomes an idol that defines our self-worth, unmet expectations will inevitably ignite rage.

Transforming Anger

Scripture shows us the way forward: “A gentle answer turns away wrath” (Proverbs 15:1) and “Do not be overcome by evil, but overcome evil with good” (Romans 12:21).

Instead of lashing out in fury at the offender or raging at our limitations, we can choose to respond with intentional, redemptive grace—toward others and toward ourselves. The cross itself is God’s ultimate example: a precise, loving answer to humanity’s unrestrained rage—“Father, forgive them, for they do not know what they are doing.” (Luke 23:24)

If golf is about proving superiority or winning applause, anger will haunt every round. But if it becomes an opportunity to “change the conversation”—as the Links Players tagline reminds us—the game turns into a shared journey. We learn to manage our emotions, enjoy the company, embrace the conversation, and—almost without trying—the game itself improves.

Prayer Lord, give me the mind of Christ. Teach me to recognize, restrain, and redirect my anger so it may serve Your purposes and reflect Your love.

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Boo Arnold

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