

A Small Book About a Big Problem: Meditations on Anger, Patience, & Peace

Ed Welch's *A Small Book About a Big Problem* is a gem of biblical wisdom designed to help us tackle one of the most pervasive and subtly devastating struggles in our lives, anger. Whether we lash out in moments of frustration, stew silently with bitterness, or feel consumed by unrelenting irritation, anger is a problem we all experience...and a problem that we cannot be content to allow in our hearts (Matthew 5:21-26). It destroys relationships, robs us of joy, and undermines our peace. And yet, God's Word reveals a path of hope, patience, and reconciliation through Christ. Welch provides a short, approachable resource that will help us address the roots of our anger and move toward true, gospel-driven peace.

This book is structured into 50 short meditations that are easy to read but profoundly rich in truth. Each meditation guides readers through Scripture to expose the heart behind anger—a heart that often demands control, power, or justice apart from God. Welch doesn't simply diagnose the problem of anger but lovingly shepherds us to see how Christ's power and grace transform our hearts. If our church reads one per day for the next two months, I believe we will be better able to glorify God in all kinds of trials He may bring our way. Don't rush. Read slowly. Read prayerfully. Perhaps even read with others.

Why This Book Matters

Anger is not just a surface issue; it flows from the heart, and it is deadly serious. James 1:19-20 reminds us, "Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God." Welch brings this verse to life, showing how anger reveals what we truly treasure and whom we trust. Do we trust ourselves and our ability to control circumstances, or do we trust in God's perfect justice and sovereign care?

This book is both pastoral and practical. It is small enough to fit in your pocket or carry in your car but powerful enough to radically transform your perspective on anger. Whether you read it individually, as a family, or with a small group, Welch's reflections will encourage self-examination, repentance, and a deeper dependence on God's grace.

A Word of Encouragement

We all struggle with anger at different levels. Maybe you feel overwhelmed by it or discouraged by past failures. Take heart: God's grace is sufficient for you, for His power is made perfect in your weakness (2 Corinthians 12:9). As you work through this book, you will find not only the tools to combat anger but also the abundant grace of Christ to walk in patience and peace. Don't grow weary; persevere.

As we start this year, let's be a people who seek to grow in humility, patience, and trust in the Lord. Read this book with us, let the Word of God search your heart, and allow Christ to lead you to greater peace and love.

Your pastor-elder, *Jacob Hantla*

