

# So Exceeding Angry With Himself

by Thomas Brooks

---

*A true penitent is characterized by intense anger towards themselves for their sins, and this anger is directed towards the sin, not external objects or individuals.*

**Scripture:** Psalm 51:3, Isaiah 30:22, Romans 7:24, Ephesians 4:26, James 1:20

**Topics:** "Repentance", "Anger towards Sin"

---

## Description

Thomas Brooks emphasizes the profound anger that true penitents feel towards their own sins, illustrating that this self-directed anger is far greater than any frustration they may have towards others or external circumstances. He argues that genuine repentance involves a deep loathing and abhorrence of sin, which should be the primary focus of a believer's indignation. Brooks encourages believers to redirect their anger away from others and towards their own sinful actions, highlighting that true anger should be reserved for sin itself, not for disagreements with fellow believers.

---

## Transcript

"Then you will defile your idols overlaid with silver and your images covered with gold; you will throw them away like a menstrual cloth and say to them--Away with you!" Isaiah 30:22

The true penitent is not so exceeding angry with himself for anything--as he is angry with himself for his sins. There are none who fret, and fume, and chafe at themselves for sin, as penitent souls do. There are none who loathe themselves, who abhor themselves, and who are weary of themselves, upon the account of their sins--like penitent souls. It is not this thing nor that, nor this enemy nor that, nor this party nor that, nor this

design nor that--but sin, which is the main--the grand object of a penitent's hatred, scorn, wrath, rage, reproach, disgrace, and contempt!

He who would be angry and sin not--must be angry at nothing but sin. If some men would but spend more of their anger and indignation against their sins, they would not be so angry as they are with their brethren, that in disputable things differ from them.

---

Source: <https://sermonindex.net/speakers/thomas-brooks/so-exceeding-angry-with-himself/>

# *Grow in Your Walk with Christ*

---

Listen and read messages that will stir your heart for Christ and point you to deeper repentance and devotion.

- 50,000+ Sermons from speakers past and present
- 3,900+ Classic Christian Books freely readable online
- 1,200+ Bible Translations and Commentaries
- Over 450k forum posts — Join our vibrant online Christian forum

**[www.sermonindex.net](http://www.sermonindex.net)**