



Scripture Reading Selections from Prov on Handling Our Anger with Wisdom



Prov 12:16 - Fools show their annoyance at once, but the prudent overlook an insult.

Prov 14:29 - A patient man has great understanding, but a quick-tempered man displays folly.

Prov 15:1 - A gentle answer turns away wrath, but a harsh word stirs up anger.

Prov 15:18 - A hot-tempered man stirs up dissension, but a patient man calms a quarrel.



Prov 20:5 – The purposes of a man’s heart are deep waters, but a man of understanding draws them out.

**Prov 20:22 - Do not say, “I’ll pay you back for this wrong!”
Wait for the Lord, and he will avenge you.**

Prov 22:24 - Do not make friends with a hot-tempered person, do not associate with one easily angered, or you may learn their ways and get yourself ensnared.



Prov 29:11 - A fool gives full vent to his anger, but a wise man keeps himself under control.

Prov 29:22 - An angry man stirs up dissension, and a hot-tempered one commits many sins.

Prov 30:33 – For as churning cream produces butter, and as twisting the nose produces blood, so stirring up anger produces strife.



Sermon
Handling Our Anger with Wisdom

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- o **Can you recall a recent time in which you felt angry? What was the cause? Who was it with?**
 - o **Looking back on it, what did you learn about yourself?**
 - o **Do you find that you get angry over similar things?**
 - o **What healthy ways have you found to handle your anger?**

The Good of Anger

Eph 4:26-27

26 **“In your anger do not sin”**: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. (NIV)

26 **Be angry**, and yet do not sin; do not let the sun go down on your anger, 27 and do not give the devil an opportunity. (NASB)

26 **Be angry** but do not sin; do not let the sun go down on your anger, 27 and do not make room for the devil. (NRSV)

The Good of Anger

Exo 34:6-7

6 And he passed in front of Moses, proclaiming, "The Lord, the Lord, the compassionate and gracious God, **slow to anger**, abounding in love and faithfulness, 7 maintaining love to thousands, and forgiving wickedness, rebellion and sin.



What Went Wrong?



First – Disordered Loves

He that is angry without just cause, sins. But he who is not angry when there is just cause, also sins.

(John Chrysostom, Church Father, on Anger)



Second – Unhealthy Ways to Handle our Anger

ANYBODY can become angry, that is easy; but to be angry with the right person, and to the right degree, and at the right time, and for the right purpose, and in the right way, that is not within everybody's power, that is not easy.

(Aristotle)

Third – The Power of Anger

- It is harmful to your own health.
- It can cause damage to your relationships, family, or community.
- Anger negatively affects the ability to make wise decisions.

A patient man has great understanding,
but a quick-tempered man displays folly.

(Prov 14:29)

Handling Anger with Wisdom

1. Must take time to reflect on the source of anger.

The purposes of a man's heart are deep waters,
but a man of understanding draws them out.
(Prov 20:5)

In your anger, do not sin; when you are on your beds,
search your hearts and be silent.
(Psalm 4:4)

A fool gives full vent to his anger,
but a wise man keeps himself under control.
(Prov 29:11)

Handling Anger with Wisdom

2. Build up some emotional and spiritual reserves

**A gentle answer turns away wrath,
but a harsh word stirs up anger.
(Prov 15:1)**

Handling Anger with Wisdom

3. Find healthy ways to deal with your anger.

**The purposes of a man's heart are deep waters,
but a man of understanding draws them out.**

(Prov 20:5)

**A hot-tempered man stirs up dissension,
but a patient man calms a quarrel.**

(Prov 15:18)

Handling Anger with Wisdom

4. Healing and Transformation through forgiveness

**Fools show their annoyance at once,
but the prudent overlook an insult.
(Prov 12:16)**

**Do not say, “I’ll pay you back for this wrong!”
Wait for the Lord, and he will avenge you.
(Prov 20:22)**

MLK Sermon, Dec 24th, 1967

I say to myself, hate is too great a burden to bear. Somehow we must be able to stand up against our most bitter opponents and say, "We shall match your capacity to inflict suffering by our capacity to endure suffering. We will meet your physical force with soul force. Do to us what you will and we will still love you. We cannot in all good conscience obey your unjust laws and abide by the unjust system, because non-cooperation with evil is as much a moral obligation as is cooperation with good, so throw us in jail and we will still love you. Bomb our homes and threaten our children, and, as difficult as it is, we will still love you. But be assured that we'll wear you down by our capacity to suffer, and one day we will win our freedom. We will not only win freedom for ourselves; we will appeal to your heart and conscience that we will win you in the process, and our victory will be a double victory.