

Wisdom for Living in Difficult Times

Wisdom to Manage Our Anger Appropriately

I. Introduction

- A. Eph. 4:26 (NAS) *BE ANGRY, AND YET DO NOT SIN; do not let the sun go down on your anger.*
- B. Prov. 15:1 (NAS) *A gentle answer turns away wrath, But a harsh word stirs up anger.*
- C. Prov. 22:24-25 (NAS) *²⁴Do not associate with a man given to anger; Or go with a hot-tempered man, ²⁵Or you will learn his ways And find a snare for yourself.*
- D. Prov. 29:11 (NAS) *A fool always loses his temper, But a wise man holds it back.*
- E. Prov. 16:14 (NAS) *The fury of a king is like messengers of death, But a wise man will appease it.*
- F. Prov. 21:19 (NAS) *It is better to live in a desert land Than with a contentious and vexing woman.*
- G. Prov. 22:24-25 (NAS) *²⁴Do not associate with a man given to anger; Or go with a hot-tempered man, ²⁵Or you will learn his ways And find a snare for yourself.*
- H. Prov. 20:2 (NAS) *The terror of a king is like the growling of a lion; He who provokes him to anger forfeits his own life.*

II. How Do We Manage Anger Appropriately?

- A. Be quick to listen and slow to speak .
 - 1. James 1:19b-20a (NAS) *¹⁹But everyone must be quick to hear, slow to speak and slow to anger; ²⁰for the anger of man does not achieve the righteousness of God.*
 - 2. Prov. 10:19 (NAS) *When there are many words, transgression is unavoidable, But he who restrains his lips is wise.*
 - 3. Prov. 15:23 (NAS) *A man has joy in an apt answer, And how delightful is a timely word!*
- B. Be slow to become angry .
 - 1. James 1:19b-20a (NAS) *¹⁹But everyone must be quick to hear, slow to speak and slow to anger; ²⁰for the anger of man does not achieve the righteousness of God.*
 - 2. Prov. 19:19a (NLT) *Hot-tempered people must pay the penalty.*
 - 3. Eph. 4:26 (NAS) *BE ANGRY, AND YET DO NOT SIN; do not let the sun go down on your anger.*

III. Conclusion

Next Weekend's Message:
4/17-18/2010 "Wisdom About Money"