

South Salem Sunday night series...

# PROVERBS

exceptional wisdom for a successful life





# PROVERBS

Controlling Our Anger

*How do you respond to anger?*



# PROVERBS

## Controlling Our Anger

### I. Anger is an emotion, but can lead to sin

Ephesians 4:26–27 (ESV)

<sup>26</sup> Be angry and do not sin; do not let the sun go down on your anger, <sup>27</sup> and give no opportunity to the devil.

James 1:19–20 (ESV)

<sup>19</sup> Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; <sup>20</sup> for the anger of man does not produce the righteousness of God.

# PROVERBS

## Controlling Our Anger

### I. Anger is an emotion, but can lead to sin

Mark 3:1–6 (ESV)

**3** Again he entered the synagogue, and a man was there with a withered hand. **2** And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him. **3** And he said to the man with the withered hand, **“Come here.”** **4** And he said to them, **“Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?”** But they were silent. **5** And he looked around at them with anger, grieved at their hardness of heart, and said to the man, **“Stretch out your hand.”** He stretched it out, and his hand was restored. **6** The Pharisees went out and immediately held counsel with the Herodians against him, how to destroy him.

# PROVERBS

## Controlling Our Anger

### II. Reacting to Anger: Quick Temper

Proverbs 25:28 (ESV)

<sup>28</sup> A man without self-control is like a city broken into and left without walls.

Proverbs 29:11 (ESV)

<sup>11</sup> A fool gives full vent to his spirit, but a wise man quietly holds it back.

Proverbs 14:17 (ESV)

<sup>17</sup> A man of quick temper acts foolishly, and a man of evil devices is hated.



# PROVERBS

## Controlling Our Anger

### II. Reacting to Anger: Quick Temper

Proverbs 29:20 (ESV)

**20** Do you see a man who is hasty in his words? There is more hope for a fool than for him.

Proverbs 30:33 (ESV)

**33** For pressing milk produces curds, pressing the nose produces blood, and pressing anger produces strife.

# PROVERBS

## Controlling Our Anger

### II. Reacting to Anger: Building Storm

Proverbs 27:3 (ESV)

<sup>3</sup> A stone is heavy, and sand is weighty, but a fool's provocation is heavier than both.

Ephesians 4:26–27 (ESV)

<sup>26</sup> Be angry and do not sin; do not let the sun go down on your anger,  
<sup>27</sup> and give no opportunity to the devil.

# PROVERBS

## Controlling Our Anger

### II. Reacting to Anger: Slow to Anger

Proverbs 16:32 (ESV)

<sup>32</sup> Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

Proverbs 14:29 (ESV)

<sup>29</sup> Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.

Proverbs 19:11 (ESV)

<sup>11</sup> Good sense makes one slow to anger, and it is his glory to overlook an offense.

# PROVERBS

## Controlling Our Anger

### III. Controlling Our Own Anger

Proverbs 17:27–28 (ESV)

<sup>27</sup> Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding.

<sup>28</sup> Even a fool who keeps silent is considered wise; when he closes his lips, he is deemed intelligent.

Ecclesiastes 7:21–22 (ESV)

<sup>21</sup> Do not take to heart all the things that people say, lest you hear your servant cursing you. <sup>22</sup> Your heart knows that many times you yourself have cursed others.

# PROVERBS

## Controlling Our Anger

### IV. Responding Correctly to Others Anger

Proverbs 15:1 (ESV)

A soft answer turns away wrath, but a harsh word stirs up anger.

Proverbs 15:28 (ESV)

<sup>28</sup> The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things.

Proverbs 21:14 (ESV)

<sup>14</sup> A gift in secret averts anger, and a concealed bribe, strong wrath.