

Wisdom and the Healing of Anger

1. Anger Problems

- *It creates multiple difficulties 29:22*
- *It produces domestic misery 21:19*
- *It affects our health 14:29-30*
- *It reaps trouble for us 19:19*

2. Anger Rightness

- *Anger responds to wrong 14:35, Ephesians 4:26*

3. The Skewing of Anger

- *Short fuses 19:19, 29:11 14:17*
- *Blame games 19:3*
- *Revenge seeking 20:22*

4. The transformation of anger

- *Honesty about ourselves*
- *Meeting Jesus at the Cross 1 John 2:2*
- *Holy Spirit aided anger management 16:32, 29:11, 15:1*
- *Christ-like choosing of love not revenge 19:11, 25:21-22*

14:17 A quick-tempered person does foolish things, and the one who devises evil schemes is hated.

14:29-30 Whoever is patient has great understanding, but one who is quick-tempered displays folly. A heart at peace gives life to the body, but envy rots the bones.

14:35 A king delights in a wise servant, but a shameful servant arouses his fury.

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

16:32 One who is slow to anger is better than the mighty, and one whose temper is controlled than one who captures a city.

19:3 A person's own folly leads to their ruin, yet their heart rages against the LORD.

19:11 Those with good sense are slow to anger, and it is their glory to overlook an offence. (NRSV)

19:19 A hot-tempered person must pay the penalty; rescue them, and you will have to do it again.

20:22 Do not say, "I'll pay you back for this wrong!" Wait for the LORD, and he will avenge you.

21:19 Better to live in a desert than with a quarrelsome and nagging wife.

25:21-22 If your enemies are hungry, give them food to eat. If they are thirsty, give them water to drink. You will heap burning coals of shame on their heads, and the Lord will reward you. (NLT)

29:11 Fools vent their anger, but the wise quietly hold it back. (NLT)

29:22 An angry person stirs up conflict, and a hot-tempered person commits many sins