

## Proverbs on Anger

Throughout the Bible we find moments where God gets angry and upset with individuals. God was angry with Moses in Exodus 4:14.

In Hebrews chapter 10, God expressed His anger with those who rejected His Son, using words like *indignation*, *vengeance*, *punishment* and *fear* for those who fall into the hands of the Living God (26-31).

In Matthew 21 we read about the surprising story where Jesus enters the temple and becomes angry.

Jesus was also angry in Mark 3:5, when asked if He was breaking the Old Testament law by healing someone on the Sabbath day.

I have given you these passages to show that anger is not always negative. It's OK to be angry when we see someone being mistreated. It's OK to be angry when we see crime or injustice and unfairness. However, there is another kind of anger that can be destructive. One of the best books in the Bible that covers this topic is the book of Proverbs.

### **I. Let's take a look at what happens when we get angry.**

#### **#1. We act foolishly:**

Prov 14:17, "A quick-tempered man acts like a fool."

Verse 29, "He who is slow to wrath has great understanding, but he who is impulsive exalts folly."

Prov 12:16, "A fool's wrath is known at once, but a prudent man covers shame."

#### **#2. We become hurtful:**

Prov 18:6, "A fool's lips enter into argument, and his mouth calls for blows."

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

Proverbs 15:18, "A wrathful man stirs up fighting, but one slow to anger calms fighting."

#### **#3. We don't Listen:**

Proverbs 18:13 says, "If one answers a matter before listening - that is his folly & his shame."

Verse 17, "The first one to plead his cause seems right, until his neighbor comes and examines him."

#### **#4. We become self-destructive:**

Prov 27:3, "A stone is heavy and sand is weighty, but a fool's wrath is heavier than both of them."

Proverbs 19:19 says, "A hot-tempered man shall suffer punishment."

Now that we have looked at the damage anger can do let's define another.

## **II. The kind of anger that leads to sin.**

### **#1. Being angry for no reason:**

Proverbs 3:30, "Do not strive with a man without cause, if he has done you no harm."

In Matthew 5:21, Jesus says, "You have heard that it was said to the people long ago, 'Do not murder, & anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with his brother without cause will be subject to judgment."

### **#2. Getting revenge:**

Proverbs 19:11, "The discretion of a man makes him slow to anger, and his glory is to overlook a transgression."

Romans 12:19, "Do not take revenge, my friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord."

### **#3. Bitterness:** Proverbs 10:12 says, "Hatred stirs up fights, but love covers all sins."

In Matthew 18:21, Peter asked Jesus, "How many times should I forgive my Brother who has sinned against me? 7 Times? Jesus said, "How about 70 times 7?"

### **Close:**

In our lesson today we covered what anger will cause a person to do.

It will cause a person to act foolishly. It will cause a person to be hurtful. It will cause a person to be a poor listener and it will cause a person to be self-destructive. Paul said, "be angry but do not sin."

There are some things that should make us angry. We should be angry about sin. We should be angry when we see someone being mistreated. However, anger needs to be controlled.

Although the book of Proverbs is a contrast between those who are wise and those who are fools, the person who is wise is slow to anger (Proverbs 15:18).