

Anger

(Proverbs on Anger)
Pastor Josh Whitney (josh@trc.life)

1. Righteous anger is focused on God and his will and is self-controlled. Unrighteous anger is focused on us and our will and is unrestrained. [Psalm 7:11, Mark 3:1-6]

2. The Bible is very suspicious of our capacity to act in righteous anger. [Colossians 3:8, Ephesians 4:26-31, & Galatians 5:19-20]

3. If you are ever going to deal with your anger, you must realize it starts in you. [Matthew 15:17-19]

4. Use God's tools to deal with your anger: prayer, the Word, counsel and accountability.

Proverbs 15:29 The Lord is far from the wicked, but he hears the prayer of the righteous.

5. Be slow to anger.

Proverbs 14:29 Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.

Proverbs 16:32 Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

Proverbs 19:11 Good sense makes one slow to anger, and it is his glory to overlook an offense.

6. Remember the Lord and other people are watching how you react.

Proverbs 5:21 For your ways are in full view of the Lord, and he examines all your paths.

Proverbs 12:16 The vexation of a fool is known at once, but the prudent ignores an insult.

7. Don't speak or act until you have controlled your emotions.

Proverbs 14:17 A man of quick temper acts foolishly, and a man of evil devices is hated.

Proverbs 29:11 A fool gives full vent to his spirit, but a wise man quietly holds it back.

8. Unrestrained anger causes people to speak and act foolishly.

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

Proverbs 17:27 Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding.

Proverbs 29:20 Do you see a man who is hasty in his words? There is more hope for a fool than for him.

9. Learn to verbalize your anger in a godly way!

Proverbs 15:18 A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.

Proverbs 20:3 It is an honor for a man to keep aloof from strife, but every fool will be quarreling.

Proverbs 29:22 A man of wrath stirs up strife, and one given to anger causes much transgression.

Proverbs 30:33 For pressing milk produces curds, pressing the nose produces blood, and pressing anger produces strife.

10. One of the best ways to resolve conflict is to control your anger.

11. When you sin in your anger, confess it and ask for forgiveness.

Proverbs 28:13 Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

12. Don't hang out with angry people (real or digital).

Proverbs 22:24 Make no friendship with a man given to anger, nor go with a wrathful man, lest you learn his ways and entangle yourself in a snare.

Resources for Further Study:

Respectable Sins by Jerry Bridges

If You Bite & Devour One Another by Alexander Strauch

Anger Management by Richard Baxter

Charity and Its Fruits by Jonathan Edwards

Good and Angry by David Powlison