

FEB/MARCH TEACHING SERIES 2023

PROVERBS

WALKING IN WISDOM

Week 4 - Pastor Oscar Chavez

GRACE NORWALK

Anger!!!

“Americans are living in a big ‘anger incubator.’

Anger Statistics

- From Mental Health Organization Boiling Point Report

• James 1:19-20

•¹⁹ *My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,²⁰ because human anger does not produce the righteousness that God desires....*

- Ephesians 4:26-32

- ²⁶ *“In your anger do not sin”*: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a *foothold.*

- Topos = A Place or a Room

Question about Anger ?

- Is anger emotional or mental?
- Anger is **an emotion** characterized by antagonism toward someone or something you feel has deliberately done you wrong.

Question about Anger ?

I. What is Anger?

Is anger emotional or mental?

- Anger is **an emotion** characterized by antagonism toward someone or something you feel has deliberately done you wrong.

Question about Anger ?

•II. What are some of the reasons why we get angry?

- What is the root of most anger?

Common roots of anger include **fear, pain, and frustration**. Among the most triggering primary emotions is **frustration**.

- Prov. 14:30

Envy is like cancer in the bones.

Question about Anger ?

- **III. What gets damage by Anger?**

- Anger undealt with, interrupts your relationship with God.

- Matt. 5

- ²² *But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell.*
- ²³ *“So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you,*

- Matt. 5

- ²⁴ *leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.*

- **Anger brings serious consequences.**

Proverbs 29:22

²² An angry person starts fights; a hot-tempered person commits all kinds of sin....

Anger divides

- Proverbs 22:24

- ***Make no friendship with a man given to anger***

- (Prov. 19:19). ***“Hot-tempered people must pay the penalty. If you rescue them once, you will have to do it again.”***

RE – SENTMENT

|PROVERBS|

WALKING IN WISDOM

Anger can take your blessings away

Proverbs 14:17

"A quick-tempered man does foolish things."

Question about Anger ?

- **What are the warnings Proverbs gives us about “ANGER”?**

- *Proverbs 29:11*

¹¹ Fools vent their anger, but the wise quietly hold it back.

- *Proverbs 19:11*

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

- *Proverbs 15:18*

- *A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.*

- *Proverbs 12:16*

- ¹⁶ *A fool is quick-tempered, but a wise person stays calm when insulted.*

- [Proverbs 14:17](#)

A man of quick temper acts foolishly

- [Proverbs 22:24](#)

Make no friendship with a man given to anger, nor go with a wrathful man,

- [Proverbs 29:22](#)

An angry person starts fights; a hot-tempered person commits all kinds of sin.

Question about Anger ?

I. What happens when you control your Anger?

- **Proverbs 14:29**
- ***Whoever is slow to anger has great understanding,***
- **Proverbs 16:32**
- ***"Better a patient man than a warrior, a man who controls his temper than one who takes a city." And***

- **Proverbs 15:1**

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

- **Proverbs 20:3**

Avoiding a fight is a mark of honor; only fools insist on quarreling.

- James 1:19-20

- ¹⁹ *My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,²⁰ because human anger does not produce the righteousness that God desires....*

do not give the devil a foothold.

- **Forgiveness**

- Don't hold a grudge
- Forgiveness is a powerful tool. If you allow anger and other negative feelings to push out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. Forgiving someone who angered you might help you both learn from the situation and strengthen your relationship.

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