



# Anger

Proverbs

*Faith Builders*

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# The Critical Process of Sanctification

- Sanctification is required of every believer (Heb 12:14, 1 Pet 1:15-16)
- Sanctification is a work of God that requires your diligent, persistent effort (Phil 2:12-13)
- The process of Sanctification (Eph 4:22-24)
  - Identify the sins that are consistent with your old self and determine to set them aside (22)
  - Renovate your mind! (23)
  - Walk like Christ! (24) - Replace the sins that are consistent with your old self with the virtues that are consistent with the nature and character of Christ.
- A relevant example (Eph 4:26-27)

# I. Identifying the Sin: the devastating nature of sinful anger

- Not all anger is sinful – sometimes it is an appropriate response
- What are some of the different expressions of anger?
  - Explosive outbursts
  - Slow-burn anger
  - Impatience
  - “Frustration”
  - Annoyance
  - An unforgiving spirit

# I. Identifying the Sin: the devastating nature of sinful anger

- The devastating nature of sinful anger
  - Anger produces strife
    - Prov 29:22--An angry man stirs up strife, and a hot-tempered man abounds in transgression.
    - Prov 15:18--A hot-tempered man stirs up strife, But the slow to anger calms a dispute.
    - Prov 30:33--For the churning of milk produces butter, and pressing the nose brings forth blood; so, the churning of anger produces strife.
  - Anger is destructive
    - Prov 29:8--Scorners set a city aflame, but wise men turn away anger

# I. Identifying the Sin: the devastating nature of sinful anger

- The devastating nature of sinful anger
  - Anger is a prominent characteristic of a fool
    - Prov 14:17--A quick-tempered man acts foolishly, and a man of evil devices is hated.
    - Prov 12:16--A fool's anger is known at once, but a prudent man conceals dishonor.
    - Prov 14:29--He who is slow to anger has great understanding, but he who is quick-tempered exalts folly.
    - Prov 29:11--A fool always loses his temper, but a wise man holds it back.
    - Eccl 7:9--Do not be eager in your heart to be angry, for anger resides in the bosom of fools

# I. Identifying the Sin: the devastating nature of sinful anger

- The devastating nature of sinful anger
  - Sinful anger is associated with dishonor
    - Prov 12:16--A fool's anger is known at once, but a prudent man conceals dishonor.
  - Sinful anger is related to hatred
    - Prov 29:22--An angry man stirs up strife, and a hot-tempered man abounds in transgression.
    - Prov 10:12--Hatred stirs up strife, but love covers all transgressions.
  - Anger is unhealthy for your physical body
    - Prov 14:30--A tranquil heart is life to the body, but passion is rotteness to the bones

# I. Identifying the Sin: the devastating nature of sinful anger

- The devastating nature of sinful anger
  - Sinful anger represents a lack of self control
    - Prov 16:32--He who is slow to anger is better than the mighty, And he who rules his spirit, than he who captures a city.
    - Prov 12:16--A fool's anger is known at once, but a prudent man conceals dishonor.
    - Prov 14:17--A quick-tempered man acts foolishly, and a man of evil devices is hated.
    - Prov 17:27--He who restrains his words has knowledge, and he who has a cool spirit is a man of understanding.
    - Prov 29:11--A fool always loses his temper, but a wise man holds it back.

# I. Identifying the Sin: the devastating nature of sinful anger

- The devastating nature of sinful anger
  - Anger is often sinful itself and is the root of a host of other sins
    - Prov 25:28--Like a city that is broken into and without walls Is a man who has no control over his spirit.
    - Prov 29:22--An angry man stirs up strife, and a hot-tempered man abounds in transgression.
  - Anger can lead or tempt others to sin
    - Prov 22:24–25--Do not associate with a man given to anger; or go with a hot-tempered man, or you will learn his ways and find a snare for yourself.
    - Prov 15:1--A gentle answer turns away wrath, but a harsh word stirs up anger.
    - Prov 29:22--22 An angry man stirs up strife, and a hot-tempered man abounds in transgression



# I. Identifying the Sin: the devastating nature of sinful anger

- Overcoming anger is a long, arduous task and a difficult habit to break
  - Prov 16:32--He who is slow to anger is better than the mighty, And he who rules his spirit, than he who captures a city.
  - Prov 19:19--A man of great anger will bear the penalty, for if you rescue him, you will only have to do it again.

## II. Renewing your mind: developing a biblical perspective on anger

- Anger is part of the image of God in man
  - Anger is a part of God's holy character
    - Ps 7:11--God is a righteous judge, And a God who has indignation every day.
  - God built an innate sense of justice into His creation of man.
- However, with the Fall, the image of God in man has been corrupted
  - The heart of all sin is ultimately pride (Prov 21:2, Judges 17:6)
  - So, sinful anger then is no longer about God's holy character and authority, but is instead centered on our own will and desires.
- Sinner's naturally love to be angry! (John 3:19-20, Eccl 7:9)

## II. Renewing your mind: developing a biblical perspective on anger

- An angry person is a proud person
  - Prov 29:22--An angry man stirs up strife, and a hot-tempered man abounds in transgression.
  - Prov 28:25--An arrogant man stirs up strife, but he who trusts in the Lord will prosper

# III. Putting on Christ-likeness: God's instructions for averting anger

- Be quick to abandon a quarrel
  - Prov 17:14--The beginning of strife is like letting out water, so abandon the quarrel before it breaks out.
  - Prov 20:3--Keeping away from strife is an honor for a man, but any fool will quarrel.
  - Rom 12:18--If possible, so far as it depends on you, be at peace with all men.
- Avoid associating with people characterized by anger because they can tempt you to sin
  - Prov 22:24–25--Do not associate with a man given to anger; or go with a hot-tempered man, or you will learn his ways and find a snare for yourself.
  - Prov 22:10--Drive out the scoffer, and contention will go out, even strife and dishonor will cease.



# III. Putting on Christ-likeness: God's instructions for averting anger

- Work to develop the elusive skill of self-control
  - Prov 29:11--A fool always loses his temper, but a wise man holds it back.
  - Prov 12:16--A fool's anger is known at once, but a prudent man conceals dishonor.
  - Prov 16:32--He who is slow to anger is better than the mighty, And he who rules his spirit, than he who captures a city.
- Learn the art of de-escalating anger in others
  - Prov 29:8-Scorners set a city aflame, but wise men turn away anger.
  - Prov 15:1--A gentle answer turns away wrath, but a harsh word stirs up anger.
  - Prov 15:18--A hot-tempered man stirs up strife, But the slow to anger calms a dispute.

# III. Putting on Christ-likeness: God's instructions for averting anger

- Don't be so sensitive!
  - Prov 19:11--A man's discretion makes him slow to anger, and it is his glory to overlook a transgression
  - Col 3:12–13--So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness, and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you
- Prioritize treating others with kindness and compassion
  - Eph 4:32--Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.