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WISE ANGER?

Proverbs 16:32; 19:19; 22:24; 29:11 & Ephesians 4:25-26

INTRODUCTION:

A. Being angry is a normal, natural emotional state — but it can quickly get out of control and become hurtful and destructive.

- Anger is "a strong feeling of displeasure and indignation" (unfair treatment).

B. No outbursts of swearing, fists flying or hurling of cookware.

C. According to the Bible there are wise ways to be angry, expressing it in a constructive, healthy way.

"Better to be patient than powerful; better to have self-control than to conquer a city." Proverbs 16:32

D. We need to become wise about expressing our anger.

I. WISELY UNDERSTAND HOW TO DEAL WITH ANGER

A. *When I get angry I _____*
How would you finish that sentence?

B. Are you a bottler or a spewer?

- Bottlers:
 - Often believe anger is bad, ungodly
 - Like to bury this emotion till it leaks out
- Spewers:
 - Have no problem admitting their anger
 - Often looks like a dam breaking

"Don't befriend angry people or associate with hot-tempered people, or you will learn to be like them and endanger your soul." Proverbs 22:24-25

"Fools vent their anger, but the wise quietly hold it back."
Proverbs 29:11

"Hot-tempered people must pay the penalty. If you rescue them once, you will [most likely] have to do it again."

Proverbs 19:19

C. Remember, neither method is effective communication.

II. WISELY LOOK BELOW THE SURFACE

A. We must dig beneath the surface to the "tap root" of why we are angry.

- We must acknowledge it...
- Choose to direct our anger — manage it instead of it managing us.

"Better to be patient than powerful; better to have self-control than to conquer a city." Proverbs 16:32

What is our source?

"A person without self-control is like a city with broken-down walls." Proverbs 25:28

III. WISELY SLOW DOWN AND REFLECT

A. We need to slow our reaction so we can respond instead.

"Short-tempered people do foolish things..."

Proverbs 14:17

"Understand this...Be quick to listen, slow to speak and slow[er] to get angry." James 1:19

B. Don't let your anger accumulate.

"Don't let the sun go down while you are still angry, for anger gives a foothold to the devil." Ephesians 4:26

C. Continually and prayerfully reflect.

"Sensible people control their temper..." Proverbs 19:11

"You spread out our sins before you — (even) our secret sins — you see them all." Psalm 90:8

CONCLUSION: