

Proverbs—Choosing Wisdom in a Foolish World
Controlling Anger

Grace Fellowship Church / Pastor Peter LaRuffa / July 15, 2018

I. Anger, in and of itself, is not a sin.

- a. If anger was a sin, we'd never be commanded to be angry.

Eph. 4:26a – Be angry, and do not sin...

- b. If anger was sinful, God Himself would never be angry.

Psa. 7:11 – God is a righteous judge, and a God who feels indignation every day.

Mark. 3:5 – And [Jesus] looked at around at them with anger, grieved at their hardness of heart...

- c. Anger is God-given **alarm** to make us aware of a problem, and drive us to do something about it.

2 Sam. 12:5 - David was angry when he heard Nathan speak of an injustice.

John 2:15ff - Jesus was angry when He saw how some were defiling worship in the temple.

II. Even though anger is not a sin, our anger probably is.

- a. Every area of our life has been affected & infected by our sinful nature.
(Rom. 3:9-18)

- i. No one is without sin. (Rom. 3:10)
- ii. No one seeks after God. (Rom. 3:11)
- iii. No one is good. (Rom. 3:12)
- iv. Our speech is corrupted by sin. (Rom. 3:13,14)
- v. Our actions are corrupted by sin. (Rom. 3:15)
- vi. We have no natural fear of God. (Rom. 3:18)

- b. When the Bible speaks of our anger, the vast majority of ink is dedicated to warnings and cautions of misuse.

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

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

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

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

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

transgression.

III. In light of God's many warnings and cautions concerning anger, we are wise to PAUSE in our anger in order to glorify God.

James 1:19-21 - Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God. Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.

Put off knee-jerk reactions, knowing our propensity to sin with anger. (Eph. 4:31)

Acknowledge that our anger can be a God-given alert, but will not be the means by which a problem is solved. (James 1:20)

Anger is an alarm, not an answer. It makes us aware of a problem, but was never intended to be a solution to a problem. *If you see your anger as the answer, you're using it in a way God never intended.*

Understand before seeking to be understood. (James 1:19)

Search the Scriptures for guidance. (2 Tim. 3:16,17)

Evangelize yourself before admonishing another. (1 Tim. 1:12-17)

Questions for Small Group and/or Personal Application:

- (1) Ask three people who know you well: "Am I an angry person?" (If applicable, ask your spouse, children, and 1-2 others.) What do they say?
- (2) Pastor Peter said, "Even though anger is not a sin, our anger probably is." Do you agree or disagree with that statement?
- (3) When was the last time you were angry?
- (4) Do you use your anger as an answer instead of an alert? Explain your answer.
- (5) Review the **PAUSE** acrostic. Which point would be best for you to apply first?