

Overcoming Sinful Anger

INTRODUCTION AND EXPLANATION:

1. Read through the following Proverbs carefully. As you study them, seek to answer as many of the following six questions as you can on the lines provided after each passage. (You will not find the answer to every question in each individual verse but each question will be answered somewhere in the whole of these verses.)
 - A. What are these verses indicating about the circumstances in which we are most likely to become angry?
 - B. What are the causes of our anger?
 - C. What is lacking in our lives when we become angry?
 - D. What about how anger may manifest itself?
 - E. What about the consequences of anger?
 - F. What about the solution to our anger problems?
2. Review these verses daily and select 10 of the verses that are most applicable to you. Work on memorizing at least 5 of them.
3. Keep a daily journal of times when you were tempted to become angry in the manner described in the verses you selected. In your journal seek to answer as many of the following six questions as you can.
 - A. What are the circumstances in which I am being tempted to be angry?
 - B. What is the real cause of my anger?
 - C. What is lacking in my life at this time when I am being tempted to be angry?
 - D. How am I being tempted to or how did I manifest my anger?
 - E. What will be or are the consequences of my anger?
 - F. What is God's solution to my anger problem at this time? What would God have me do to overcome my anger problem?

Proverbs 10:12

Hatred stirs up strife, but love covers all transgressions.

Proverbs 10:17

He is on the path of life who heeds instruction, but he who ignores reproof goes astray.

Proverbs 10:19

When there are many words, transgression is unavoidable, but he who restrains his lips is wise.

Proverbs 11:2

When pride comes, then comes dishonor, but with the humble is wisdom.

Proverbs 12:4

An excellent wife is the crown of her husband, but she who shames him is like rottenness in his bones.

- Proverbs 12:15** The way of a fool is right in his own eyes, but a wise man is he who listens to counsel.

- Proverbs 12:18** There is one who speaks rashly like the thrusts of a sword, but the tongue of the wise brings healing.

- Proverbs 12:22** Lying lips are an abomination to the Lord, but those who deal faithfully are His delight.

- Proverbs 13:20** He who walks with wise men will be wise, but the companion of fools will suffer harm.

- Proverbs 14:29** He who is slow to anger has great understanding, but he who is quick-tempered exalts folly.

- Proverbs 14:30** A tranquil heart is life to the body, but passion is rotteness to the bones.

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

- Proverbs 15:4** A soothing tongue is a tree of life, but perversion in it crushes the spirit.

- Proverbs 15:17** Better is a dish of vegetables where love is, than a fattened ox served with hatred.

- Proverbs 15:18** A hot-tempered man stirs up strife, but the slow to anger calms a dispute.

Proverbs 15:28

The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things.

Proverbs 15:31

He whose ear listens to the life-giving reproof will dwell among the wise.

Proverbs 15:33

The fear of the Lord is the instruction for wisdom, and before honor comes humility.

Proverbs 16:2

All the ways of a man are clean in his own sight, but the Lord weighs the motives.

Proverbs 16:18

Pride goes before destruction, and a haughty spirit before stumbling.

Proverbs 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.

Proverbs 17:20

He who has a crooked mind finds no good, and he who is perverted in his language falls into evil.

Proverbs 20:3

Keeping away from strife is an honor for a man, but any fool will quarrel.

Proverbs 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.

Proverbs 28:13

He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion.

Proverbs 29:8 Scorners set a city aflame, but wise men turn away anger.

Proverbs 29:9 When a wise man has a controversy with a foolish man, the foolish man either rages or laughs, and there is no rest.

Proverbs 29:22 An angry man stirs up strife, and a hot-tempered man abounds in transgression.

Reflect on what you have learned from this study and summarize the most important insights you have noticed. Make personal application a priority.

For further study: please refer to Wayne Mack's book, *Anger and Stress Management God's Way*. It will provide helpful information on the subject of anger.