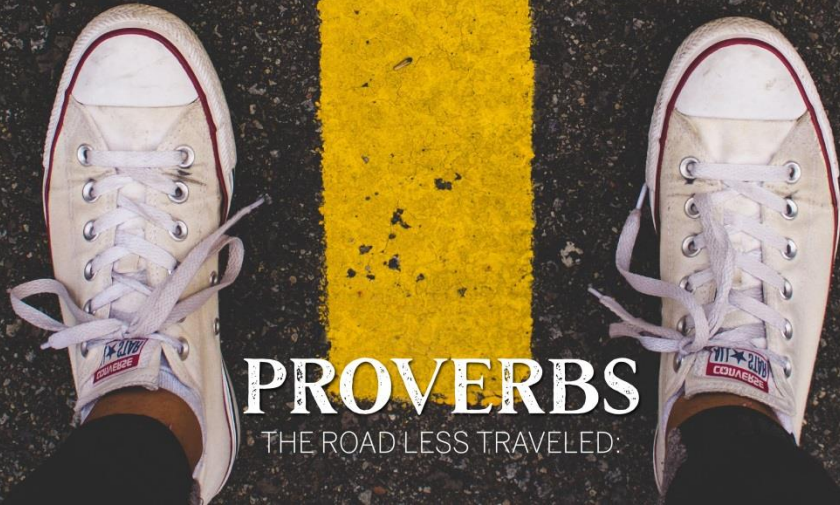


Anger Destroys: Love Builds



PROVERBS
THE ROAD LESS TRAVELED:

There are many Proverbs about anger. They are all negative – every one. Solomon's wisdom for us is this: Anger is destructive, being slow to anger is wise, and gentleness proves more effective in the long run. We are all tempted by destructive expressions of anger, so how can we think and live more wisely?

We Don't Like to Admit to Anger

Two Truths and A Lie About Anger

Our Anger Can Hurt Us and Others

Proverbs 19:19

²² A man of great wrath will pay the penalty,
for if you deliver him, you will only have to do it again.

This is the language of addiction

How Is Anger Addictive

-It Gets Results

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- It Communicates Strength

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How Is Anger Addictive

- It Gets Results
- It Communicates Strength
- It Is Very Honest, Authentic
- It Shows Passion
- It Feels Good

Proverbs 19:19

²² A man of great wrath will pay the penalty,
for if you deliver him, you will only have to do it again.

Proverbs 29:22

²² A man of wrath stirs up strife,
and one given to anger causes much transgression.

What Does Anger Do?

-Causes strife (conflict, division, arguments)

What Does Anger Do?

- Causes strife (conflict, division, arguments)
- Hurts people, hurts relationships

What Does Anger Do?

- Causes strife (conflict, division, arguments)
- Hurts people, hurts relationships
- Alienates and intimidates

What Does Anger Do?

- Causes strife (conflict, division, arguments)
- Hurts people, hurts relationships
- Alienates and intimidates
- Shames

What Does Anger Do?

- Causes strife (conflict, division, arguments)
- Hurts people, hurts relationships
- Alienates and intimidates
- Shames
- Discourages future interactions

Proverbs 22:24

24 Make no friendship with a man given to anger, nor go with a wrathful man, lest you learn his ways and entangle yourself in a snare.

It's A Trap!

Anger

-Hurts us

Anger

- Hurts us
- Hurts others

Anger

- Hurts us
- Hurts others
- Hurts relationships

Anger

- Hurts us
- Hurts others
- Hurts relationships
- It's learned

Anger

- Hurts us
- Hurts others
- Hurts relationships
- It's learned
- It can be “unlearned”

What Do We Do?

- Recognize the role of emotions

What Do We Do?

- Recognize the role of emotions
- Express them constructively

What Do We Do?

- Recognize the role of emotions
- Express them constructively
- Seek forgiveness and offer forgiveness

Our Anger Erodes Our Foundation
For Wisdom

Go Back To The Beginning

Proverbs 1:7 & 9:10

1:7 The fear of the Lord is the beginning of knowledge...

9:10 The fear of the Lord is the beginning of wisdom,
the knowledge of the Holy One is insight.

Our Anger Erodes Our Foundation For Wisdom

Our Anger vs. God's Anger

Our Anger is:

- Impulsive
- Rash
- Ill-informed
- Too quick
- Sometimes Unjustified

God's Anger is:

- Reasonable
- Just
- Perfectly informed
- Slow
- Never Unjustified

Wisdom is how God designed
life to work.

God is always wise.

If we are more like God -
will be more wise.

Exodus 34:6

⁶ The LORD passed before Moses and proclaimed, “The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty...”

Proverbs 16:32

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

Why Is Controlling Anger So Difficult?

-Our hearts are masters of self-deception

-“Righteous Anger”

Why Is Controlling Anger So Difficult?

-Our hearts are masters of self-deception

-“Righteous Anger”

-Our pride pushes us to hold on to offenses

Proverbs 19:11

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

Why Is It His Glory?

Because overlooking an offense (showing mercy)...

-Is not natural

Why Is It His Glory?

Because overlooking an offense (showing mercy)...

-Is not natural

-Is difficult

Why Is It His Glory?

Because overlooking an offense (showing mercy)...

-Is not natural

-Is difficult

-Is Godly

What Do We Do?

- Continue to experience God's mercy – show mercy

What Do We Do?

- Continue to experience God's mercy – show mercy
- Remember – slow to anger doesn't mean slow to act

What Do We Do?

- Continue to experience God's mercy – show mercy
- Remember – slow to anger doesn't mean slow to act
- Find Support/Community

Two Truths and A Lie About Anger

Being Slow to Anger Will Get Us What
We Want

Proverbs 25:15

15 With patience a ruler may be persuaded,
and a soft tongue will break a bone.

I Always Thought –
If I Play By The Rules...
I'll Get What I Want

Go Back To The Beginning

If we genuinely trust in an all-knowing,
all-wise, all-powerful God, who loves
us and is working all things for our
good – why would we insist on our
own way?

Proverbs 20:22

²² Do not say, “I will repay evil”;
wait for the LORD, and he will deliver you.

God's deliverance might not look the
way we have envisioned

Lasting Happiness...

- ...Is not going to come from predictable/favorable circumstances, but from our connection to God

What Can We Do This Week?

This Week

- Pay attention to our emotions, how we are treating people, how we are representing faith

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- Experience the mercy of God personally

This Week

- Pay attention to our emotions, how we are treating people, how we are representing faith
- Experience the mercy of God personally
- Look for an opportunity this week to give an experience of mercy to someone else