

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.

Proverbs 20:22

- ²² Do not say, "I will repay evil";
wait for the Lord, and he will deliver you.

Proverbs 29:22

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

Anger Destroys: Love Builds

Proverbs 16:32; 20:22; 29:22

Keith Gove - November 1, 2020

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 to anger, so how can we think and live more wisely? Thinking leads us to trust God.

Our anger hurts us and others.

Our anger erodes our foundation for wisdom.

Being slow to anger will get us what we want.

Notes:

Life Group Discussion Questions Based on Proverbs 16:32; 20:22; 29:22

Getting Started

1. It seems that many in our culture would encourage people to “speak your mind” and freely express your opinion. Would you tend to agree or disagree with this sentiment? Why?
2. When you get angry, do you more often bottle it up or explode? What are some potential positives or negatives to the way you tend to deal with anger?

Digging into the Text

3. Read Proverbs 16:32; 20:22; 29:22 and respond to these questions:
 - How would you explain the meaning of each of these Proverbs?
 - In 16:32, in what sense is someone who is slow to anger “better” than someone who is mighty? Why might it be harder to exercise self-control than express brute strength?
 - Based on 20:22, how is the impulse to say to ourselves “I will repay evil” an indication that we are actually not trusting God fully to “deliver” us? What are some of the challenges you experience when you attempt to “wait on the Lord” and trust that “He will deliver you”?
 - As described in 29:22, what are the byproducts when people express their anger in an unrestrained manner? In your own life, how have you seen anger multiply transgressions?

Applying It to My Life

4. As you reflect on how you typically handle your anger, does the way you experience it and express it draw you and others to depend on Jesus more? Why or why not?
5. What is a step you can take this week to express your anger in more helpful ways?
6. How can the group be praying for you as we all seek to trust God completely to be our Deliverer and not take matters into our own hands to settle the score when we’re angry?