

Taming the beast: Proverbs on overcoming anger pt. 1

Anger is mentioned 22 times in Proverbs and in every Bible book. The first murder in the Bible was triggered by anger when Cain murdered his brother Abel.

Jesus wants to turn you from the misery of anger to the peace of Him. Matt. 11:28-30

1. **Anger's effects.** Let Christ replace anger with love and peace or He says you will experience the following misery.

a. **It always escalates conflict.** Proverbs 30:33

*For the churning of milk produces butter, And pressing the nose brings forth blood; So the churning of **anger** produces strife.*

The churning of **Nose of anger** produces strife

Anger = Anger – the snorting of the nose in anger “Lit. the burning of the nose”

- Simmering, burning anger.

Strife = Meant: Disputes. (Prov. 15:18). Contrasted with calming disputes; Escalated conflict (Prov. 17:14). It is like the bursting forth of a dam; in Prov. 18:6 it is parallel with calling for blows; In Prov. 20:3 it is parallel with quarreling; In Jer. 15:10 it is parallel with contention; It is used of fighting, violence and warfare in Judges 12:2. It is parallel with striking with the fist in Is 58:4 and in Deut. 25:1 is it used of lawsuits.

- Legal dispute, lawsuit. Dt. 25:1

Illustration: Cain. Gen 4. It escalated from anger to murder

Illustration: Absalom's anger led to murder of his brother Amnon and his rebellion and attack on his father David. 2 Samuel 13-14

Note: Since anger always escalates conflict and disharmony, its presence in the heart makes relational harmony impossible.

b. **It cancels grace: Heb. 12:14-15.**

Pursue peace with all men, and the sanctification, without which no one will see the Lord. See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble and by it many are defiled

Note: There is not grace, forgiveness, kindness extended to those to whom we are bitter or angry. The lack of love and increase in conflict in marriage is always linked to bitterness or anger (Colossians 3:18-19)

c. It diminishes relationships, removes peace, leads to alienation, separation and misery.

Illustration: Absalom and Amnon after he raped his sister Tamar. 2 Sam. 13-14

- David: his anger never reconciled his sons.
- David: His anger never reconciled Absalom.
- Job: His anger resulted in depression, despair and defiance

2. **Anger's cause:** We are responsible for our anger.

James 4:1-2. (paraphrase) *What is the (ultimate) source of quarrels and conflicts (caused by anger) among you? Is not the source your strong desires to have which internally wage war inside you? You strongly desire to have and yet do not get what you desire so you (eventually if not controlled) murder. You are envious and cannot obtain so you fight and quarrel. You don't have because you don't ask.*

Gen. 4. **Illustration Cain: God warned Cain of the consequences if he did not master and control his anger. Offenses are the immediate cause but not ultimate cause of our anger. We choose to harbor resentment rather than obey Christ and let him help us with our anger.**

3. **Anger's remedy:** Christ, through obedience to His word can transform anger to peace and love.

Philippians 4:13. *I can do all things through Christ who empowers me.*

John 14:27. *My peace I will give you, not like the worlds.*

Illustration: Paul violent anger was changed. 1 Tim. 1:13-16

Illustration: They WERE revilers (hating others) but were changed. 1 Cor. 6:9-11

Illustration. We WERE hateful and hating one another until Christ changed us. Titus 3:1-6

a. **Requires believing Biblical knowledge** (God's Word).

Proverbs 14:29

*He who is slow to anger has great **understanding**, But he who is quick-tempered exalts folly.*

b. **Requires power.** (from God)

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.

c. **Requires restraint.** 14:17. We must decide to not let the emotion of anger control us.

Proverbs 14:17

A quick-tempered person acts foolishly, and a person of evil devices is hated.

Proverbs 29:11

A fool always loses his temper, but a wise person holds it back.

Proverbs 19:11

*A man's discretion makes him slow to **anger**, And it is his glory to overlook a transgression*

d. **Requires removal.** Remove the offense from our view. This does not condone sinful offenses but allow us to deal with them without an angry retaliatory heart.

Proverbs 12:16

*A fool's **anger** is known at once, But a prudent man **conceals dishonor** (shame, contempt) **conceals** (to cover, conceal, forgive) This word "conceal" was used of the earth being covered by the flood waters so that the land was completely concealed from view. This word was also used of forgiveness or covering of sin by God (Psalm 32:1; 85:2)*

Application of this verse:

- Cover others offenses. Don't rehearse them to yourself, them or others. Choose to not harbor this against other. Yet this NOT mean you won't talk to a person about their sinful offenses but you will do so without anger and retaliation.
- Don't take offense at every offense but let most of them go. 1 Pet 4:8

Ecclesiastes 7:20-23: *Don't take it to heart when you hear your servant slander you for you know that yourself have done likewise (at times in your life)*

e. **Requires love and grace**

Proverbs 10:12

Hatred stirs up strife, but love covers all offenses,

Prov. 17:9 *He who conceals a transgression seeks love, But he who repeats a matter separates intimate friends*

1 Peter 4:8; Gal. 6:1

The antidote to anger is love. Colossians 3:12-14 contrast being offended and having complaints against someone with a heart of love; 1 Peter 3:9 says the antidote to angry quarreling is to bless the other person (fueled by love).

Christ provides His love to counteract our hate and anger. He promises to give us his peace, love and joy through the filling of the Holy Spirit (John 14:27; 15:10-11; Galatians 5:19-24).

The remedy to hate and anger is a person not a program. You must welcome Christ into your life as Savior and Lord.

f. **Requires faith. Believe what God says about you and your situation when you are angry. As you do Jesus will have the Holy Spirit produce the fruit of the spirit within you (love, joy, peace, patience etc. Galatians 5:22-24)**

- i. Unmet needs. Phil. 2:3-8. Jesus had no needs met but lived to meet our needs. **Truth to focus on:** Christ has met all your greatest needs. Colossians 2:10. You are complete in Him.
- ii. Unloved. We are God's beloved child. 1 John 3:2; Revelation 1:7; Galatians 2:20; Colossians 3:12-13
- iii. Disrespected. 1 Pet 2:21; 3:8 2 Sam. David was going to kill Nabal for his disrespect. Believe: **God has honored me as His adopted son;** Col. 3:4
- iv. injustice - **Asaph Ps 73:15-19. God revealed to the Psalmist the ultimate end of those who are wicked and he ceased by angry. Romans 12:19: Never take your own revenge beloved but leave room for the wrath of God for it is written "vengeance is Mine, I will repay" says the Lord.**
- v. Impoverished, not having enough. God has an eternal inheritance for us! Eph. 1:3; 1 Peter 1:3-5
- vi. Hardships and trials Job 42. God is sovereign and perfect in wisdom. His purposes are good in allowing our suffering. Romans 8:28; James 1:2-4; Philippians 1:12-19;
- vii. Offenses, hurt, resentment: God has forgiven us our offenses. God sees and will repay all sin against us. Eph. 4:31-32; Matthew 18:21-35; Romans 12:19