

**The Way of Wisdom 4**  
**Managing Anger Wisely**  
**Prov 29.22, Eph 4.22-32**

*"You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.'<sup>22</sup> But I tell you that anyone who is angry with his brother or sister will be subject to judgment. (Matthew 5.21-22)*

**The results of anger ((Proverbs 29:22; 30:33)**

**Uncontrolled anger burns the one holding it**

*"An angry person stirs up dissension, and a hot-tempered person commits many sins." (Prov 29.22)*

Uncontrolled anger is dangerous to the person who's angry.

**Uncontrolled anger damages relationships with others**

*"For as churning the milk produces butter, and as twisting the nose produces blood, so stirring up anger produces strife." (Proverbs 30:33)*

We get angry when we feel hurt or helpless.

We also do things, like dwelling on old offenses, to stir up anger in our own hearts.

**Uncontrolled anger damages your relationship with God**

*"An angry person stirs up dissension, and a hot-tempered person commits many sins."* Any time we sin, whether it's against another person or against ourselves or directly against God, it hurts our relationship with God.

## **Wise responses to anger (Proverbs 29:11; 15:1, 18)**

### **Self Control (29.11)**

*"A fool gives full vent to his anger, but a wise person keeps himself under control."*

When this person gets mad, they explode.

We deal with our anger wisely by expressing it without exploding.

-By talking with someone else.

-By writing it down.

-By talking to God about it.

### **Gentleness (15.1)**

*"A gentle answer turns away wrath but a harsh word stirs up anger."*

Often we feel that the best defence is a good offence. A gentle answer deflects the attack, instead of returning it.

### **Patience (15.18)**

*"A hot tempered person stirs up dissension, but a patient person calms a quarrel."*

Anger is contagious.

Patience gives us staying power to resist it.

## **Take aways**

Uncontrolled anger hurts us, it damages our relationships with others, and it damages our relationship with God.

We can deal with it by expressing it without exploding, by diffusing it with gentle words, and by cultivating the virtue of patience.

That happens as we turn to God in those situations and ask him to work those fruits of the Spirit into our lives.