

## Wise Anger

Proverbs 14:29-30 NASB; 16:32 NIV

Voice of Folly: Over-reacting immediately \_\_\_\_\_ things.

Voice of Wisdom: "Better a \_\_\_\_\_ person than a \_\_\_\_\_." (16:32)

### **The Destructive Power of Anger**

Anger harms our \_\_\_\_\_, the \_\_\_\_\_, and wise \_\_\_\_\_.

### **The Constructive Power of Anger**

God gets \_\_\_\_\_...

Jesus gets \_\_\_\_\_...

We should get \_\_\_\_\_...

\_\_\_\_\_ and AT \_\_\_\_\_, \_\_\_\_\_, & \_\_\_\_\_.

*"Only the person who becomes irate without reason, sins. Whoever becomes irate for a just reason is not guilty... The person who does not become irate when he has cause to be, sins. For an unreasonable patience is the hotbed of many vices." (St. John Chrysostom, sermon)*

### **Wise Anger**

\_\_\_\_\_ Anger (Proverbs 24:10-12)

Ask: Am I Angry?

\_\_\_\_\_ Anger (Proverbs 24:28-29)

Ask: Why Am I Angry?

\_\_\_\_\_ Anger (Proverbs 25:21-22)

Ask: What Will Truly Transform This Situation?

Gaining Wisdom for Abundant Living –  
Week Six (Wise Anger)

**Monday – Proverbs 19:11; Proverbs 25:21-22**

Reflection: Listen to this: “Sometimes there is real provocation – still, it is a glory to overlook a personal offense... We have a higher standard than getting even. Our standard is glory, because God is glorious” (Raymond C. Ortlund, Jr.)

**Tuesday – Proverbs 29:7; Matthew 21:12-17**

Reflection: Matthew leads us to see that Jesus’ anger was good, while the religious leaders was petty. What was the difference? What do you NEED to be angry about that you might not be?

**Wednesday – Proverbs 22:24-25**

Reflection: What are your friends like? Are you aware how much they influence you (in person and on social media)?

**Thursday – 1 Timothy 2:8; James 1:19-20**

Reflection: Can we pray (or at the very least, pray effectively) if we are angry? Can we “lift up holy hands” if we are continuously arguing with someone else?

**Friday – Proverbs 14:29; 1 Corinthians 13:4-8a**

Reflection: Does love or anger define you? As a gauge, spend some time looking back over this week and seeing if you were quickly provoked or “not easily” angered.

**Saturday – Ephesians 4:31-32**

Reflection: This is not the worldly power play of: “Do as I say, not as I do”. God demonstrates wisdom with anger as He forgives us. With our lives rooted in God’s, does forgiveness become more attainable?

**Sunday – Rest in God’s Presence at Home and Folkston UMC**

**Memory Verse:** “Better a patient person than a warrior, one with self-control than one who takes city.” (Proverbs 16:32 NIV)