



Proverbs Part 5: Anger

James 1: 19-20 ¹⁹ My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ because human anger does not produce the righteousness that God desires.

It **is** possible to “be angry and not sin” (Ps. 4:4). Is your out-of-control anger corrupting your own heart? How can you guard your heart so that your angry feelings don’t translate into painful actions to those around you?

Below there are several verses about anger from Proverbs. Read them slowly, study them, meditate on one or two. Let them sink deep into your spirit. Then take some time to work through the following reflection questions.

How can the verses below help you to walk in patience and not give vent to your anger?

What understanding words can you offer to your children when they seem frustrated, tired, or hormonal?

We don't have to say all.the.words. Is there a person or situation in which you need to be quiet and just listen? Memorize one verse to recite to yourself in moments when you are tempted to say too many words.

How can you move toward emotional stability and health in this area?

We all want to leave a legacy of peace for our children, not a legacy of anger. Let the long-term view help to motivate you to hold your tongue. Study the example of Jesus. He was a peace-maker who practiced forgiveness.

Proverbs 29:11 A fool vents all his feelings,
But a wise *man* holds them back.

Proverbs 19:11 A person's wisdom yields patience;
it is to one's glory to overlook an offense.

Proverbs 15:1 A **gentle answer** turns away wrath, but a harsh word stirs up anger.

Proverbs 17:28 Even fools are thought wise if they keep silent,
and discerning if they hold their tongues.

Proverbs 10:19 When there are many words, transgression is unavoidable,
But he who restrains his lips is wise.

Proverbs 15:18 A hot-tempered man stirs up strife,
But the slow to anger calms a dispute.

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.

Proverbs 14:29 Whoever is patient has great understanding,
but one who is quick-tempered displays folly.