

Proverbs on Anger

Anger is much like fire – it can help or harm. Anger is not intrinsically evil – because it is an emotion found in God Himself. Therefore the more we become like Him, the more we will imitate even this attribute of His. However, God's anger stands in contrast to man's sinful anger.

Anger is an intense form of displeasure. Displeasure is not necessarily anger. The importance we attach to something we heighten our displeasure to anger. Anger is a demand for change.

Sinful anger is destructive (Proverbs 27:4)

Sinful anger is quick and shows no restraint (12:16, 14:17)

Selfish anger is angry over the wrong things – things which don't displease God.

Selfish anger remains angry for the wrong periods. (sulking, pouting, murmuring, unforgiveness)

Sinful anger causes strife and contention (29:22)

Angry people exhibit patterns of conflict and destructiveness. (19:19)

Friendship with an angry man or woman is discouraged (21:19, 22:24)

Anger is to be avoided by soft answers (15:1), and by not pushing a matter (30:33).

Being slow to anger is commended 14:29, 15:18, 16:32, 19:11,

Root cause of selfish anger: Unbelief

Secondary causes of sinful anger:

Frustration

Hurt

Fear

Righteous anger is angry over the right things – that which displeases God

Righteous anger is slow in its build-up and remains angry for the right period - (Psalm 30:5, 103:9)

Righteous anger seeks change so a situation will again please God.

Biblical Response:

Put off sinful anger (Ephesians 4:31)

Get a God-centred view of the situation causing anger:

- list frustrations and ask if God is displeased over them
- list hurts ; list fears
- meditate on His sovereignty in ruling your life (Prov 16:9, 19:21, 20:24)
- meditate on His attitude, commands and promises toward your suffering - 1 Peter, James, Psalms. Meditate on forgiveness scriptures
- meditate on His attitude, commands and promises toward your fear – 2 Tim 1:7, Scriptures on fear, examples of Daniel, Joseph, David, Peter, Paul.

Put on the fruit of the Spirit (Gal 5:22-23)