

# Proverbs - Anger And Self-Control Sunday PM 12/15/19

## Introduction:

### I) Some things in life are neither inherently good or bad.

A) Fire -- can be used to heat homes, powerful autos, send rockets into outer space using great combustion.

1. Can also burn down homes, destroy property, take lives.
2. The difference is its purpose and how it is controlled.

B) Anger -- with a spirit that is under control and disciplined, can enable a person to be productive, move them to action they would not normally take.

1. On the other hand anger out of control can cause one to hurt others, be destructive, and sin against God and one's fellow man.
2. One of the dangers of anger is that we feel justified and perhaps can use it as an excuse to sin.

### II) Sometimes we try to simplistically define anger and wrath

A) Anger (Gk. orge)

1. "Indignation which has risen gradually and becomes more settled" --Thayer
2. "Orge suggests a more settled or abiding condition of mind, frequently with a view to taking revenge" -- Vine
3. Anger (orge) is then a lingering, seething emotion (mental attitude) or not letting something go but letting it grow.

## **B) Wrath (Gk. thumos)**

1. "The sudden outburst of passionate anger" --Zondervan
2. "the blaze of temper which flames into violent words and deeds" -Barkley
3. Wrath is anger in action.
  - a. Sometimes it is said that anger can be good but wrath is bad.

## **C) Provocation (Gk. Parorgismos)**

1. "A strengthened form of orge" -- Vines
2. "Anger that is mingled with irritation, exasperation, and embitterment" --Wuest
  - a. An uncontrolled anger that is provoked (rage)
  - b. Anger leading to an unwholesome outcome

## **III) The Answer To Anger Is A Disciplined Spirit**

Various passages :

1. *Ephesians 4.26* NKJ -- "Be angry(orge), and do not sin ": do not let the sun go down on your wrath (parorgismos),
2. *Ephesians 4:31* Let all bitterness, wrath (thumos), anger (orge), clamor, and evil speaking be put away from you, with all malice.
3. *Ephesians 6.4* --And you, fathers, do not provoke your children to wrath (parorgismos - enrage), but bring them up in the training and admonition of the Lord.

4. *Colossians 3.8* But now you yourselves are to put off all these: anger (orge), wrath (thumos), malice, blasphemy, filthy language out of your mouth.
5. *Mark 3.5* -- And when He had looked around at them with anger (orge), being grieved by the hardness of their hearts, He said to the man, "Stretch out your hand." And he stretched [it] out, and his hand was restored as whole as the other.
6. *Revelation 19.15* -- Now out of His mouth goes a sharp sword, that with it He should strike the nations. And He Himself will rule them with a rod of iron. He Himself treads the winepress of the fierceness (thumos) and wrath (orge) of Almighty God.

#### IV) Characteristics of Uncontrolled Anger

##### A) Acts foolishly, *Proverbs 14.17, 29.20*

1. Means it often over reacts, not in proportion to the wrong done.
2. Illustration: Son ask his father, "Daddy, how do wars begin?" Father says, "Well, son, take World War I. It got started when Germany invaded Belgium." Mother interrupts, "Tell the boy the truth. It began when somebody was murdered." Father replies, "Are you answering the question or am I?" Wife walks out of the room, slams the door as hard as she can. After a few minutes of silence, the son finally replies, "Daddy, you don't have to tell me anymore, I know how wars begin."
  - a. Man destroys car because it will not start only to realize it needed gas.

- b. Man gets angry and curses his neighbor because they disagree on which potato is best.

**B) Leads to sin (lashing out), *Proverbs 29.22, James 1.20***

1. Anger can lead to many wrongs -- profanity, abusive speech, slander, fighting, revenge, hatred, murder, destruction of property, etc.
2. There are many examples in the Bible of anger leading to other sins -- Cain killed Abel, *Genesis 4.5*; Joseph's brothers sold him into slavery

**C) It stirs up strife, fighting, *Proverbs 15.18***

1. An angry man looks for a fight and he generally finds one!
2. Illustration: Lady in Arkansas called the police, "I want to see how much the fine for fighting, and assault and battery is. I want to beat up my sister, and want to see if I can afford it."

**D) Leaves an individual exposed to the devil, one of his devices, *Proverbs 25.28; Eph. 4.26-27***

**E) It makes a person his own worst enemy, *Proverbs 22.8***

1. Anger did for Woody Hayes what his opponents could never do. Get him out of coaching. He punched a Clemson University football player in the Gator Bowl.
2. Pink song, "Don't let me get me" -- 'Everyday I fight a war against the mirror I can't take the person starin' back at me I'm a hazard to myself

Don't let me get me I'm my own worst enemy Its bad

when you annoy yourself So irritating Don't wanna be my friend no more I wanna be somebody else'

F) It promotes jealousy and cruelty, *Proverbs 27.4*

G) It causes misery for loved ones, friends, and the community, *Proverbs 22.24*

V) Characteristics of Controlled Anger

A) It is godly

1. Meaning that God was angry on numerous occasions with Israel -- the Golden Calf, other acts of idolatry, leading to their exile.
2. "Anger of the Lord" and "Wrath of the Lord"

B) It is unselfish

1. Jesus became angry in *John 2* as they misused the temple
2. He was angry at the hardness of men's hearts, their hypocrisy.
3. His anger was unselfish and related to a cause.
4. There are things that should anger us: immorality, division in the church, hypocrisy, prejudice, etc.
5. Moses was a good example of controlled anger, *Exodus 32.19; Numbers 20.2-3, 8, 10-11*.

C) It is controlled, *2 Peter 1.5-7*. Either we control our temper or it will control us. for most of us it is a constant battle.

D) It is temporary

1. Anger can turn into brooding or sulking.
2. We must release and let go of our anger, *1 Peter 5.7*

**E) It is constructive**

1. Controlled anger, constructive anger will work to correct the situation
2. Jesus cleansed out the temple. Force us to confront error to talk to someone.

**Conclusion:**

Anger uncontrolled can lead to violence. Suppressed anger can lead to depression and apathy. We must realize that anger by itself is not sin. Jesus got angry. We must realize there are times when we should get angry. But, it must be kept under control. We must possess a disciplined spirit, *Matt. 5.5*.