

Malachi Men Proverbs Lesson 4 Anger

ONE GROUP:

Q – Is anger sin?

Ps 7:11 (574) God is a just judge, and God is angry with the wicked every day.

Mk 3:5 (970) And when He had looked around at them with anger, 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.

Answers:

- God experiences anger
 - God has a right to be angry
 - God’s anger is always just
 - God knows how to direct His anger into righteous actions
- Anger is not sin (anger is an emotion)

Ja 1:19-20 (1183) So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.

Answer:

- What men do when angry does not please God
- Man’s anger does not lead to just actions, but leads to sin

Eph 4:26-27 (1148) Be angry, and do not sin: do not let the sun go down on your wrath, nor give place to the devil.

Answers:

- God recognizes that people experience anger
- Feeling angry is not sin
- People are tempted to sin when they are angry
- The devil can use anger to lead men into sin
- Deal with anger quickly (don’t be angry for long periods of time)

Note: There are two reactions when angry

Sinful response to anger:

- Blow up – attack people verbally or physically
- Clam up – quietly boil inside

Godly response to anger:

- Ignore an offense
- Attack the problem

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Q – Can anger be controlled?

Gen 4:5-7 (4) But He did not respect Cain and his offering. And Cain was very angry, and his countenance fell. So the Lord said to Cain, “Why are you angry? And why has your countenance fallen? If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire is for you, but you should rule over it.”

Answers:

- Right behavior is acceptable with God (less occasion for anger)
- God told Cain he must control his anger - anger can be controlled.

Q – Where is a biblical example of someone controlling anger?

1 Sam 25:4-8, 10, 13-14, 18, 28, 32-34 (325) When David heard in the wilderness that Nabal was shearing his sheep, David sent ten young men; and David said to the young men, “Go up to Carmel, go to Nabal, and greet him in my name. And thus you shall say to him who lives in prosperity: “Peace be to you, peace to your house, and peace to all that you have! Now I have heard that you have shearers. Your shepherds were with us, and we did not hurt them, nor was there anything missing from them all the while they were in Carmel. Ask you young men, and they will tell you. Therefore let my young men find favor in your eyes, for we come on a feast day. Please give whatever comes to your hand to your servants and to your son David.”... Then Nabal answered David’s servants, and said, “Who is David, and who is the son of Jesse? There are many servants nowadays who break away each one from his master.” ... Then David said to his men, “Every man gird on his sword,” so every man girded on his sword, and David also girded on his sword, and about four hundred men went with David, and two hundred stayed with the supplies. Now one of the young men told Abigail, Nabal’s wife, saying, “Look, David sent messengers from the wilderness to greet our master; and he reviled them.” ... Then Abigail made haste and took two hundred loaves of bread, two skins of wine, five sheep already dressed, five seahs of roasted grain, one hundred clusters of raisins, and two hundred cakes of figs, and loaded them on donkeys. ... Please forgive the trespass of your maidservant. For the Lord will certainly make for my lord an enduring house, because my lord fights the battles of the Lord, and evil is not found in you throughout your days. ... Then David said to Abigail: “Blessed is the Lord God of Israel, who sent you this day to meet me! And blessed is your advice and blessed are you, because you have kept me this day from coming to bloodshed and from avenging myself with my own hand. For indeed, as the Lord God of Israel lives, who has kept me back from hurting you, unless you had hurried and come to meet me, surely by morning light no males would have been left to Nabal.”

Summary:

- David and his men protected Nabal’s herds from harm while in the wilderness
- David asked Nabal for a gift when he was shearing his sheep (income at harvest)
- Nabal insulted David and his men
- David was angry and set out to kill Nabal and all his men as revenge
- Nabal’s wife, Abigail, brought gifts to David and his men

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- Abigail reminded David that God was with him and he should not do anything he would later regret
- David acknowledged God's wisdom in Abigail's advice
- Anger was calmed by gentle, godly, counsel

SMALL GROUPS:

Q – How does the Bible describe anger?

Prov 17:14 (657) The beginning of strife is like releasing water; therefore stop contention before a quarrel starts.

Prov 27:4 (665) Wrath is cruel and anger a torrent, but who is able to stand before jealousy?

Answers:

- Anger is like uncontrolled water - a flood (address it early while still small)

Prov 29:8 (666) Scoffers set a city aflame, but wise men turn away wrath.

Answer: Anger is like a fire (put it out while it is small, otherwise it will grow)

Q – How does God view an angry person?

Prov 14:17 (654) A quick-tempered man acts foolishly, and a man of wicked intentions is hated.

Prov 14:29 (655) He who is slow to wrath has great understanding, but he who is impulsive exalts folly.

Prov 20:3 (659) It is honorable for a man to stop striving, since any fool can start a quarrel.

Eccl 7:9 (673) Do not hasten in your spirit to be angry, for anger rests in the bosom of fools.

Answers:

- Acting in anger is foolish (an angry man acts foolishly)
- The slow to anger has great understanding (14:29)
- An angry man acts in a dishonorable manner
- Avoiding a fight is honorable (20:3)
- Anyone can start a fight - the wise avoid fighting

Q – What are some causes of anger?

Prov 15:1 (655) A soft answer turns away wrath, but a harsh word stirs up anger.

Answer: Harsh words lead to anger

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Prov 17:19 (657) He who loves transgression loves strife, and he who exalts his gate seeks destruction.

Prov 22:8 (661) He who sows iniquity will reap sorrow, and the rod of his anger will fail.

Answer: Transgression (sin, evil behavior) can incite anger

Prov 20:22 (659) Do not say, "I will recompense evil"; wait for the Lord and He will save you.

Answer: A desire for revenge leads to anger (only God should revenge evil)

Prov 21:7 (660) The violence of the wicked will destroy them, because they refuse to do justice.

Answer: Injustices can lead to anger

Prov 22:10 (661) Cast out the scoffer, and contention will leave; yes, strife and reproach will cease.

Answer: Scoffing can lead to anger

Prov 25:23 (664) The north wind brings forth rain, and a backbiting tongue an angry countenance.

Answer: Gossip can lead to anger

Prov 28:25 (666) He who is of a proud heart stirs up strife, but he who trusts in the Lord will be prospered.

Answer: Pride and arrogance can lead to anger

Summary: Anger can be triggered by:

- Pride, gossip, scoffing
- Injustice, harsh words, evil behavior & violence
- A desire for revenge

Q – What are the effects of anger?

Prov 12:16 (653) A fool's wrath is known at once but a prudent man covers shame.

Answer: Anger is impulsive behavior (cover shame = overlook offense)

Prov 14:30 (655) A sound heart is life to the body, but envy is rottenness to the bones.

Answer: Anger adversely affects health

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Prov 15:4 (655) A wholesome tongue is a tree of life, but perverseness in it breaks the spirit.

Answer: Anger affects attitude

Prov 16:28 (656) A perverse man sows strife, and a whisperer separates the best of friends.

Answer: Anger separates friendships

Prov 18:6 (657) A fool's lips enter into contention, and his mouth calls for blows.

Answer: Anger causes strife and leads to fighting and physical harm

Prov 19:19 (658) A man of great wrath will suffer punishment; for if you rescue him, you will have to do it again.

Answer: Angry people will be punished

Summary:

- Anger is impulsive and adversely affects: health, attitude, and friendships
- Calm (no anger) brings health to your body (14:30)

Q – How can anger be overcome?

Prov 15:1 (655) A soft answer turns away wrath, but a harsh word stirs up anger.

Prov 25:15 (663) By long forbearance a ruler is persuaded, and a gentle tongue breaks a bone.

Answer: Gentleness and patience defuse anger

Prov 16:32 (656) He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

Prov 19:11 (658) The discretion of a man makes him slow to anger, and his glory is to overlook a transgression.

Answers:

- Overlooking offenses is honorable
- Being slow to anger is a virtue
- A wise person controls his emotions rather than being controlled by them

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Prov 17:14 (657) The beginning of strife is like releasing water; therefore stop contention before a quarrel starts.

Answer: Stop arguments while they are still small

Prov 19:22 (659) What is desired in a man is kindness, and a poor man is better than a liar.

Answer: God looks for kindness, not sinful anger, in a man

Prov 20:3 (659) It is honorable for a man to stop striving, since any fool can start a quarrel.

Answer: Avoiding arguments is an honor

Prov 25:28 (664) Whoever has no rule over his own spirit is like a city broken down, without walls.

Prov 29:11 (666) A fool vents all his feelings, but a wise man holds them back.

Answers:

- Control your feelings – don't be mastered by your emotions
- Be led by the Holy Spirit, not fleshly emotions

Prov 20:22 (659) Do not say, "I will recompense evil", wait for the Lord, and He will save you.

Prov 24:29 (663) Do not say, "I will do to him just as he has done to me; I will render to the man according to his work."

Prov 28:25 (666) He who is of a proud heart stirs up strife, but he who trusts in the Lord will be prospered.

Answers:

- Don't seek revenge (man can't do revenge in a godly manner)
- Trust in the Lord
- Be humble, not proud and arrogant

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Prov 21:23 (660) Whoever guards his mouth and tongue keeps his soul from troubles.

Prov 26:20 (664) Where there is no wood, the fire goes out; and where there is no talebearer, strife ceases.

Prov 30:32-33 (668) If you have been foolish in exalting yourself, or if you have devised evil, put your hand on your mouth. For as the churning of milk produces butter, and wringing the nose produces blood, so the forcing of wrath produces strife.

Answer: Be a man of few words

Prov 22:24-25 (661) Make no friendship with an angry man, and with a furious man do not go, lest you learn his ways and set a snare for your soul.

Answer: Avoid angry people (you will become like them)

Prov 25:11-12 (663) A word fitly spoken is like apples of gold in settings of silver. Like an earring of gold and an ornament of fine gold is a wise rebuke to an obedient ear.

Eph 4:29 (1148) Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

Answer:

- Choose your words wisely
- Say only what is needed, upbuilding, and gracious

Prov 26:17 (664) He who passes by and meddles in a quarrel not his own is like one who takes a dog by the ears.

Answer: Stay out of other peoples arguments

Summary:

- Avoid angry people
- Stay out of other people's arguments
- Don't seek revenge (trust in the Lord)
- Be humble, not proud and arrogant
- Be a man of few words
- Speak only what is needed & gives grace
- Overlook offenses and avoid arguments (this is honorable)
- Be kind
- Control your feelings (don't be mastered by your emotions)
- Be slow to anger
- Stop arguments while they are still small
- Respond to anger with gentleness
- Remember: your response to anger is a habit that can be changed

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Homework:

Memorize: Prov 15:1 (655) "A soft answer turns away wrath, but a harsh word stirs up anger."

Read: Mt 5:23-24 (935) and answer the following questions:

- If you have sinned against someone what must you do?
- Are you willing to do this?
- Do you think this person may be angry?
- How should you approach this person?

Read: Mt 18:15-17 (951) and answer the following questions:

- If someone has sinned against you what must you do?
- Are you willing to do this instead of resorting to sinful anger?

Read: 1 Cor 10:13 (1122) and answer the following questions:

- Does this verse give you hope that you can change?
- What must you do to resist the temptation to react in sinful anger?

Read: Eph 4:31-32 (1148) and answer the following questions:

- What are the evil habits you need to stop?
- What are the godly habits you need to develop?
- What reason is given for changing your habits?

Consider the Proverbs verses on overcoming anger:

- List the sinful habits you need to change
- Identify the godly habits you need to develop
- Create a plan to help change your habits
- Memorize verses that will help you change habits
- Ask several close friends to help hold you accountable to change