

# Malachi Men Proverbs Lesson 4 Anger

**Is Anger sin?** (Ps 7:11; Mk 3:5; Eph 4:26-27; Ja 1:19-20)

- Feeling angry is not sin (even God experiences feelings of anger)
- People are tempted to sin when they are angry (God does not sin when angry)
- The devil uses anger to tempt men to sin

**Can anger be controlled?** (Gen 4:5-7)

- Yes.

**Where is a Bible example of someone controlling anger?** (1 Sam 25:4-34)

- David's sinful anger was calmed when he received gentle, godly, counsel.

**How does the Bible describe anger?** (Prov 17:14 & 27:4)

- Like a flood or fire.

**How does God view an angry person?** (Prov 14:17, 14:29, 20:3; Eccl 7:9)

- Acting in anger is foolish and dishonorable
- Being slow to anger and avoiding a fight shows understanding and is honorable

**What are some causes of sinful anger?** (Prov 15:1, 17:19, 20:22, 21:7, 22:8, 22:10, 25:23, 28:25)

- Harsh words, scoffing, gossip, a desire for revenge
- Sinful acts, injustice, pride

**What are the effects of anger?** (Prov 12:16, 14:30, 15:4, 16:28, 18:6, 19:19)

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

**How can sinful anger be overcome?** (15:1, 16:32, 17:14, 19:11, 19:22, 20:3, 20:22, 21:23, 22:24-25, 24:29, 25:11-12, 25:15, 25:28, 26:17, 26:20, 28:25, 29:11, 30:32-33; Eph 4:29)

- 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, 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 "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