**Elder Berry Ross \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ July 3, 2022**

**Wisdom Over Anger**

Proverbs 14:29

**Key Truth:** Anger, when left unresolved can lead to many wrong decisions and actions. However, the Bible is full of wisdom to assist us in dealing with anger.

1. Anger is a natural emotion. Proverbs 14:29

 A. Anger is a response to how we feel. Proverbs 15:1

 B. Anger can be triggered by something said. Proverbs 15:18

 C. Anger can be triggered by something done. Proverbs 29:22

2. Anger in and of itself isn’t bad. Ephesians 4:26

 A. Anger is not necessarily a byproduct of sin. Ephesians 4:26

 B. Anger can occur without hurting someone. Matthew 21:12-13

3. Uncontrolled anger can have devastating effects.

 Ecclesiastes 7:9

 A. Slander can become an angry man’s mouthpiece.

 Colossians 3:8

 B. It can lead to rebellious children. Ephesians 6:4

 C. It can lead to malice. (The Cain Effect) Genesis 4:1-8

4. God has given us the power to control our anger.

 A. Controlling anger is increased by turning from evil.

 Psalm 34:14

 B. We must have a mind centered on Jesus Christ.

 1 Timothy 2:8

 C. The peace of Jesus is sufficient to control our anger.

 Colossians 3:15

**Taking It Beyond The Walls:** Uncontrolled anger no longer has to consume children of God. Pray that our minds will be centered on Jesus and gain the victory over uncontrolled anger.

**Food For Thought**

Since Proverbs has 31 chapters, a practical way to do this is to daily read the chapter that corresponds to the day of the month and consider these questions:

What applies to me today?

Where have I seen this in others?

Where have I experienced this?

Options To Maximize Your Reading Of Proverbs:

* Pick a Time - If we want to make something happen, we usually need to set a time when it will actually happen. Consider your options.
* Mark it Up - Have a pen in hand to jot down notes and underline those verses that catch your attention. It will be encouraging to look back at what you wrote after you’ve done this over time.
* Write Down Your Thoughts - Get a notebook and write down anytime you have a response to one of the three questions above.

As you do this from day to day, know that you will be storing up for yourself insight on how to handle life as God would want you to, as well as helping others to live out the wisdom and love of God in your life.