



INTRODUCTION

Part 8 - Handling Anger with Wisdom

The series, Wise Guy, explores wisdom from the biblical book of Proverbs. Solomon asked God for wisdom to rule God's nation, and He granted the request. We could all use a little more wisdom, insight, knowledge and understanding, too.

Solomon, one of the wisest men who ever lived, penned the Old Testament book of Proverbs to address our need to know and understand life. His insights can help us navigate relationships, work, pleasure, and a host of other challenging situations.

DISCUSSION QUESTIONS

1. What are some things that make you angry?
2. How was anger expressed in your home when you were growing up? Do you think it was expressed in a healthy way? Explain your answer.
3. Not all anger is bad. Even Jesus, who was without sin, became angry. What do you think is the difference between "good" anger and "bad" anger?
4. Read Proverbs 15:1 and 18; Proverbs 14:16-17 and Proverbs 25:28. What are some negative consequences to expressing anger in inappropriate ways?
5. Read Proverbs 22:24-25. What do you think we should do when we can't avoid being with an angry person?
6. Read Proverbs 25:21, Proverbs 10:12 and Proverbs 15:1-2. What are some ways we can overcome anger with kindness?
7. Read Proverbs 17:14. Why do you think it is so hard to walk away from an argument? How can we "stop a dispute before it breaks out?"
8. Read Galatians 5:19-26. What insights can you glean from these verses about how to overcome inappropriate anger in our lives?
9. How might you apply this lesson to your life?

APPLICATION

We all get angry. At times, it can be difficult to deal with our angry feelings and the angry feelings of others. Anger itself is not a sin and not always wrong, but being angry over the right things and handling anger in the right way matters.

Anger incites conflict, often leads to reckless actions, and can leave us vulnerable. It often reveals our weaknesses instead of our strengths, and a quick-tempered person can end up doing foolish things. There is a better way for handling anger than getting angry:

A - AVOID angry people
N - Overcome anger with NICENESS
G - Lower the temperature with a GENTLE answer
E - END it before it starts
R - Get to the ROOT of your anger

When we respond well to others who offend us or get angry with us, we demonstrate that we are wise and have understanding. With God's grace and the Holy Spirit's leading, we can prayerfully learn to walk in step with Him and handle anger in the right way.

KEY VERSES

| | |
|-----------------------|-------------------|
| Proverbs 15:1-2, 18 | Romans 12:19 |
| Proverbs 14:16-17, 29 | Proverbs 17:14 |
| Proverbs 25:21, 28 | Galatians 5:22-23 |
| Proverbs 22:24-25 | Proverbs 16:32 |
| Proverbs 10:12 | |