



## ANGER

**12:16; 14:17, 29; 15:18; 16:32; 19:11, 19; 22:24-25;  
27:3; 29:22**

These **proverbs** deal with the subject of **anger** and anger **management**. *“Anger”* is *“a strong and intense and excessive feeling or passion of displeasure aroused by emotional or physical injury or mistreatment, or the perception of such”* The Bible speaks of an **inward** aspect of *“anger”* and a **outward** emotional aspect of *“anger”* AND BOTH THE INWARD AND OUTWARD ASPECTS OF ANGER MUST BE MANAGED! It is important to recognize that not all *“anger”* is sinful, and that *“anger”* does have a functional value. The emotion of *“anger”* may not be sinful, but the angry expressions in **thought** and **act** may be. In **Ephesians 4:26** *Paul* wrote *“Be ye angry and sin not”* In other words, *“in your anger, do not sin”* Examples of being *“angry”* and sinning not is exemplified in *Jacob* [**Genesis 31:36**], *Moses* [**Exodus 11:8; 32:19; Leviticus 10:16; Numbers 16:15**], *David* [**II Samuel 12:1-5**], and *Paul* [**Galatians 2:11-14**]. THOUGH ALL ANGER IS NOT SINFUL, AND THOUGH SOME ANGER IS JUSTIFIABLE, ALL ANGER NEEDS TO BE **MANAGED** AND **CONTROLLED**! IT MUST BE BROUGHT INTO SUBJECTION!

*“Anger”* turns to sin when it is selfishly motivated [**James 1:19-20**], when the motive is distorted [**I Corinthians 10:31**], when it is allowed to linger [**Ephesians 4:26-27**], when it is allowed to boil over without restraint [**Proverbs 29:11**], and when one refuses to be pacified [**Ephesians 4:26-27**]. Sinful *“anger”* is related to **foolishness** [**Ecclesiastes 7:9**], and with **grieving the Holy Spirit** [**Ephesians 4:30-31**]. Sinful *“anger”* is extremely dangerous, for it contains the seed of murder, and makes one liable to the judgment of God [**Matthew 5:22**].

*“Anger”* is a God-given emotion, everybody experiences it, and everybody expresses it BUT IT MUST BE **MANAGED** AND **CONTROLLED**! It is a healthy human emotion when managed and expressed effectively! But unmanaged, uncontrolled, and improperly expressed *“anger”* is destructive and dangerous, resulting in **hostility**, **resentment**, and **bitterness**! Everyone has the emotion of *“anger”* and something must be done with it, it must be dealt with!

*“A fool’s wrath is presently known: but a prudent man covereth shame”* [12:16].

The *“fool”* having no command or discipline of himself, on the very first rising of *“anger”* displays his *“anger”* He immediately gives way to his *“anger”* without any meaningful and serious thought, or reflection upon the reasons for his *“anger”* He fails to honestly examine the cause of his *“anger”* and he fails to consider whether he does well to be angry, and he fails to contemplate if it is proper for him to express his *“anger”* On the other, hand, the *“prudent man* (wise, sensible, cautious), *covereth shame”* He is patient enough to carefully consider the matter at hand, sparing himself and others disgrace.

*“He that is soon angry dealeth foolishly: and a man of wicked devices is hated” [14:17].*

The first part of this **proverb** speaks of the quick-tempered individual, which is the same as a “*basty*” spirit {**Proverbs 14:29; 21:5; 29:20**}, and such a person does foolish things, because of his failure to give serious and careful thought and consideration to his response. The second part of the **proverb** speaks of the individual who may hide his “*anger*” but he contrives schemes to take revenge.

*“He that is slow to wrath is of great understanding: but he that is basty of spirit exalteth folly” [14:29].*

“*He that is slow to wrath*” is the same as the “*prudent man*” [12:16]. He is an individual who is “*long suffering*” and has government over himself, and is not impulsive and reckless in the expression of “*anger*” Such an individual has “*great understanding*” comprehension and insight into himself and human nature and the dangers of “*anger*” But on the other hand, the individual who is “*basty*” (quick-tempered) advances foolishness and stupidity.

*“A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife” [15:18].*

“*A wrathful man*” is one who is full of rage and fury, this is his disposition and spirit, and he feeds and fans the flame of **conflict, discord, disagreement, and hostility**. But on the other hand, “*he that is slow to anger*” (a man of peaceable disposition) *appeaseth* (reconciles) *strife*” **Patience, self-control, and wise consideration** prevents much conflict, and has the ability to settle and resolve conflict where it exists.

*“He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city” [16:32].*

“*He that is slow to anger*” and “*he that ruleth* (controls, governs, manages) *his spirit*” are one and the same. Slowness to “*anger*” is the result of **self-restraint** and **management** of the inner man. The ruling of the inner man takes greater strength and is a greater accomplishment than the one who is able to take an entire city. The one who has no **government** and **restraint**, and **management** over the inner man is in great danger [**Proverbs 25:28**].

*“The discretion of a man deferreth his anger; and it is his glory to pass over a transgression” [19:11].*

“*Discretion*” is “*the ability to know what should be done or said in a particular situation*” and such enables one to **delay**, to **detain** his “*anger*” To defer “*anger*” is the same as the one who is “*slow to anger*” It is **self-control** and **discernment** that enables one to do so. The second part of the **proverb** declares that the individual who possesses “*discretion*” takes pleasure in, and is willing and ready to **forbear** and to **forgive** [**Colossians 3:13**].

*“A man of great wrath shall suffer punishment: for if thou deliver him, yet thou must do it again” [19:19].*

The one who possesses an angry, infuriated, incensed disposition and spirit brings much **trouble, distress, agitation, problems,** and **unpleasantness** into their lives, and though they may be delivered from one set of trouble and unpleasantness, it is only temporary, for they will bring more into their lives, because of their angry disposition and spirit.

*“Make no friendship with an angry man; and with a furious (unrestrained and uncontrollable anger) man thou shalt not go: Lest thou learn his ways, and get a snare to thy soul” [22:24-25].*

This **proverb** is a **warning** to all concerning the *“angry man”* and the *“furious man”*. The phrases *“angry man”* and *“furious man”* has reference to the disposition and spirit of **anger** and **fury**. The **warning** is do not enter into a relationship or an association with such an individual. The **danger** of doing so is stated-*“lest thou learn his ways* (and be as **wrathful**, and **furious**, and **hostile**, and **resentful**, and **bitter**, and **vindictive** as he is), *and get a snare (trap) to thy soul”* THE DISPOSITION AND SPIRIT OF ANGER IS AN ENTRAPMENT!

*“A stone is heavy, and the sand weighty; but a fool’s wrath is heavier than them both” [27:3].*

The *“wrath”* of a *“fool”* (one who does not properly handle, manage, and express anger) is a **weight**, a **heaviness**, a **burden**, and an **encumbrance** both to the possessor and recipient of such *“wrath”*

*“An angry man stirreth up strife, and a furious man aboundeth in transgression” [29:22].*

Where there is **unmanaged, mismanaged,** and **uncontrolled**, *“anger”* there is sure to be other sins as well, such as **pride** [Proverbs 21:24], **jealousy** [Proverbs 6:34], **clamor** and **evil-speaking** [Ephesians 4:31], **strife, contention** [Proverbs 21:19; 29:22; 30:33], **bitterness, hostility,** and **resentment!**

*“Anger”* is real, and something must be done with it. It can be **denied**, and denial does not cause it to go away, nor is denial proper management of the emotion of *“anger”*. It can be **concealed** which if not confessed and dealt with will lead to **bitterness, hostility,** and **resentment**. Denied and concealed *“anger”* usually results in the **redirection** of *“anger”* which is a failure to face the real issues. It can be **expressed** in a sinful and unhealthy way, and it can be expressed in a spiritual and healthy way [Proverbs 25:9-12]. Sometimes, *“anger”* simply needs to be **confessed** to God and let go of. *“Anger”* whether properly expressed or not must be dealt with before it brings an individual under its control. These **proverbs** urge us to control *“anger”* and not to allow *“anger”* to gain control over us!