

## Week 3 Proverbs

### Anger

#### Reflection and Discussion Questions

1. If you were asked to describe anger to someone who had never experienced it what would you say?
2. Typically, anxiety and fear are the primary emotion for the secondary emotion of anger. It is preferable to feel powerful and angry then powerless and fearful. What do you fear? What makes you anxious?
3. What we fear and what we are in awe of is what we were made for... Here again we return to Proverbs 9:10, ***“the fear of the Lord is the beginning of wisdom”***. Awe of him transforms our anxieties and fears of everything else. How does fearing or being in awe of God influence your anger?
4. Read through the Proverbs at the end of these pages. What picture do they paint of anger uncontrolled?
5. What picture do the proverbs paint of the benefits of controlling anger or responding with a soft word? What do the proverbs compare someone who can control their anger to?
6. Sometimes we know we are angry over something silly or because we did not get what we want. Other times there is real pain, real hurt, and someone has sinned against us. Surely we can act out in our anger here! Paul tells the Ephesians, “In your anger, do not sin”. What do you think this could look like?
7. Read Proverbs 22:29, ***“Do not say, “I will do to him as he has done to me; I will pay the man back for what he has done.”*** What makes this hard?
8. How does remembering what Jesus has done for us enable us to begin to respond as Proverbs 22:29 encourages us? Take a moment to think of a time when your anger was unleashed. Receive the Lord’s amazing mercy that he does “pay us back for what we have done”.

9. Practically, most times when we are angry the amygdala in our brain is firing and telling us to fight, fly, or freeze! Danger! What are your body's cues that you are getting angry?
10. What are some practical ways to slow our responses to our anger? What helps you? Counting to 10? Going outside? Deep slow breathing? These simple tools can help us apply the proverbs to be slow to anger.

Practice something our brothers and sisters of long ago would try. Breathe prayer: Get in a comfortable position. Close your eyes and notice your breathing. Take a slow deep breath in and as you do imagine breathing in God's love and grace to you. Hold it for 3 seconds( like you never want to let it go!). Then slowly breathe out imagining you are breathing out fear, anxiety, and the anger that often flows from it.

#### ANGER:

Proverbs 14:29; 15:1, 18; 16:32; 19:11,19; 22:24; 24:17,18, 28-29; 25:21-22; 30:33

Prov. 14:29 Whoever is slow to anger has great understanding,  
but he who has a hasty temper exalts folly.

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

Prov. 15:18 A hot-tempered man stirs up strife,  
but he who is slow to anger quiets contention.

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

Prov. 19:11 Good sense makes one slow to anger,  
and it is his glory to overlook an offense.

Prov. 19:19 A man of great wrath will pay the penalty,  
for if you deliver him, you will only have to do it again.

Prov. 22:24 Make no friendship with a man given to anger,  
nor go with a wrathful man,  
lest you learn his ways  
and entangle yourself in a snare.

Prov. 24:28 Be not a witness against your neighbor without cause,  
and do not deceive with your lips.

29 Do not say, "I will do to him as he has done to me;  
I will pay the man back for what he has done."

