

A photograph of a dirt path winding through a lush green forest. Sunlight filters through the trees, creating a bright, hazy atmosphere. The path is covered in fallen leaves and small plants. The text 'PROVERBS' is written in large, white, serif capital letters across the middle of the image. Below it, a thin white horizontal line separates the word 'PROVERBS' from the phrase 'LIVING WISDOM', which is written in smaller, white, serif capital letters.

PROVERBS

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LIVING WISDOM

14:17 A man of quick temper acts foolishly,  
and a man of evil devices is hated.

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

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

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

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

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

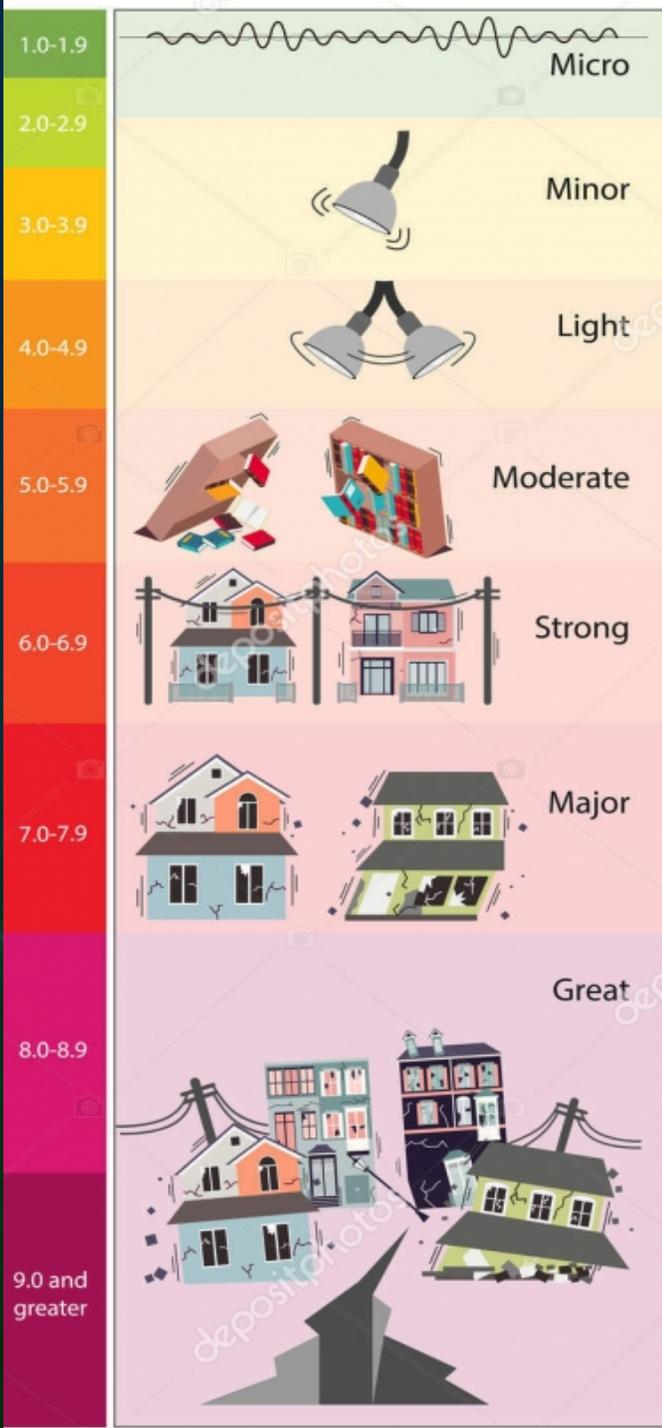
19:19 A man of great wrath will pay the penalty,  
for if you deliver him, you will only have to do it again.

29:22 A man of wrath stirs up strife,  
and one given to anger causes much transgression.

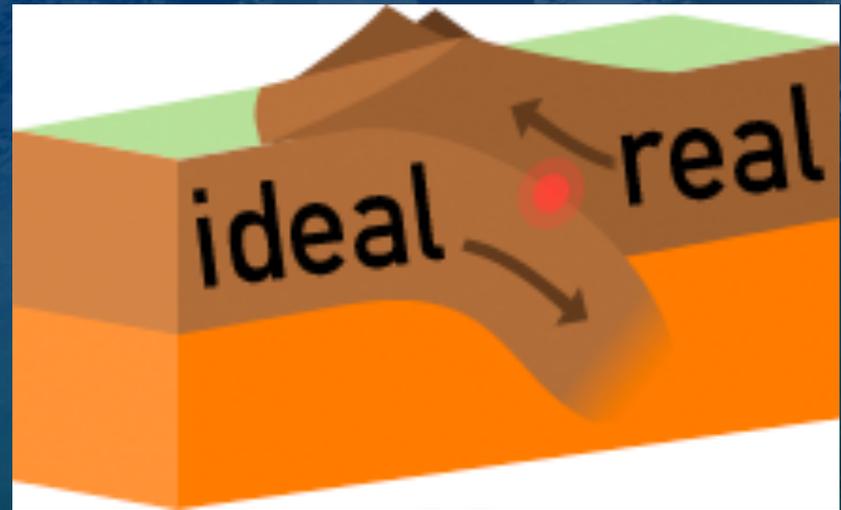
29:11 A fool gives full vent to his spirit,  
but a wise man quietly holds it back.

30:33 For pressing milk produces curds,  
pressing the nose produces blood,  
and pressing anger produces strife.





Losing my keys  
 ↓  
 Belittling somebody  
 ↓  
 Being belittled  
 ↓  
 Being lied to  
 ↓  
 Being cheated  
 ↓  
 Being abused  
 ↓  
 My family attacked



Generally the level of the quake is the level of our response, unless we've stuffed it down, allowing even small quakes to have major responses

# *Anger at Brokenness*

Our response to Real ≠ Ideal  
When what we love is hurt or threatened

## When your kid is being bullied

Love for your kid demands your anger

## When you have been lied to or cheated

Love for Truth and your own dignity demands your anger

## When your loved one gets a negative medical diagnosis

Love for your loved one and God's original creation

## When a pastor is illegally detained by another country

Love for God's people and the Gospel demands your anger

But, most of the time that which makes me angry isn't quite so noble:

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

What is "ideal" isn't God's definition but my own.

And what is "real" isn't always accurate.

It isn't ideal to be inconvenienced, disrespected, uncomfortable, forced to wait, put others first, reminded of my humanity and failures.

And my response is very often more about loving myself than loving the other person

## *Broken Anger*

Anger not for Love's sake  
(God's glory and  
other's dignity)  
but for the infraction  
against me...the  
threatening of what I truly  
value (myself).

Augustine (about 400<sup>AD</sup>) said that anxiety, fear, anger and depression are actually the smoke that rises up from the altars we've built to our idols.

If you follow the smoke you'll find the idol, the thing that your ultimate hope is built upon.

God's work is to replace that lesser love with Himself, the only thing that can hold the weight of our lives.

**I am angry at you for belittling me**

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graph TD; A["I am angry at you for belittling me"] --> B["Am I being insecure about my value? Am I demanding too much reverence? Is this about my kingship?"]; A --> C["This is a real offense because I am a person of God-given dignity."]; B --> D["The 'idol' that has been threatened is my personal value, and you reminded me that I am not the center of the world, which makes me angry."];
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Am I being insecure about my value?  
Am I demanding too much reverence?  
Is this about my kingship?

This is a real offense because I am a person of God-given dignity.

The "idol" that has been threatened is my personal value, and you reminded me that I am not the center of the world, which makes me angry.

Anger is so often muddy, intermingling arrogant-anger with holy-anger.

# The Many Faces of Anger – The Anger Richter Scale

My broken-anger can have a broken-response:

## Anger Turned Inward

This creates depression, bitterness and inward destruction, which will often lead to even greater outward destruction like shaking a soda can.

## Anger Turned Outward

<sup>30:33</sup> For pressing milk produces curds, pressing the nose produces blood, **and pressing anger produces strife.**

- Aggressive
- Passive
- Verbal
- Physical

Matthew 5:21-22 (NIV)

But I tell you that anyone who is angry with a brother will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the court...

# *Healing Anger*

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

## Anger Turned Upward

Taking your anger, both justified as well as self-centered, to the One that understands offenses far more than we ever will, and knows how to respond with wisdom, justice and love.

## Psalm 103:8

The LORD is merciful and gracious,  
slow to anger and abounding in  
steadfast love.

God is also angry at injustice, pain,  
brokenness, death, but with a justified,  
loving anger, along with the ability to  
permanently heal the brokenness.

## John 11

<sup>38</sup> Then Jesus, deeply moved again, came to the tomb. It was a cave, and a stone lay against it. <sup>39</sup> Jesus said, "Take away the stone." Martha, the sister of the dead man, said to him, "Lord, by this time there will be an odor, for he has been dead four days." <sup>40</sup> Jesus said to her, "Did I not tell you that if you believed you would see the glory of God?" <sup>41</sup> So they took away the stone. And Jesus lifted up his eyes and said, "Father, I thank you that you have heard me. <sup>42</sup> I knew that you always hear me, but I said this on account of the people standing around, that they may believe that you sent me." <sup>43</sup> When he had said these things, he cried out with a loud voice, "Lazarus, come out." <sup>44</sup> The man who had died came out, his hands and feet bound with linen strips, and his face wrapped with a cloth. Jesus said to them, "Unbind him, and let him go."

## Coping with Anger (what to do)

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

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

Ephesians 4:26

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

## Healing Anger (what to believe)

Psalm 103:8

The LORD is merciful and gracious, slow to anger and abounding in steadfast love.

Proverbs 19:11

**Good sense** makes one slow to anger, and it is his glory to **overlook an offense**.

**But how?**

# Satisfied Anger

1 John 4:10

In this is love, not that we have loved God but that he loved us and sent his Son to be the **propitiation** for our sins.

**Propitiation** - the action it took for it becomes consistent with God's character to pardon and bless the offender. The propitiation does not win his love but simply makes it consistent for him to pour out his love towards sinners while still being perfectly holy and just.

Exodus 25:21

And you shall put the **mercy seat** on the top of the ark, and in the ark you shall put the testimony that I shall give you.

Matthew 27:51

(at Jesus' death) And behold, the curtain of the temple was torn in two, from top to bottom. And the earth shook, and the rocks were split.

## *Moving Forward*

- To recognize the self-centered anger I feel.  
Ask a few friends you can trust to be honest yet gracious.  
Use this to reveal and then repent of my idols.
- For me to realize that I've created justified anger in God and others,  
but that this isn't my identity.
- To have controlled holy-anger for God's glory and others' dignity.