

Cooling Down a Hot-temper

*He who is slow to anger has great understanding,
But he who is quick-tempered exalts folly.
Proverbs 14:29*

Introduction

- 14:16 *The fool is hot-headed and reckless, a quick-tempered man does foolish things.*
14:17 *He who is quick-tempered exalts folly.*
29:11 *A fool always loses his temper, but a wise man holds it back.*
14:29 *He who is slow to anger has great understanding, but he who is quick-tempered exalts folly.*
17:27 *He who restrains his words has knowledge, and he who has a cool spirit is a man of understanding*
16:32 *He who is slow to anger is better than the mighty*

How do you become a *slow-to-anger* person? You have *great understanding*.
What four things does wisdom teach us we need to understand about anger?

1. The history of anger

- a. Anger is natural to God's good creation.
b. Our capacity for righteous anger became seriously spoiled at the fall.
19:3 *The foolishness of man subverts his way, and his heart rages against the Lord.*
14:2 *he who is crooked in his ways despises Him.*
22:24 *Do not associate with a man given to anger, or a hot-tempered man, lest you learn his ways and find a snare for yourself.*

2. The price of anger

- a. Further strife
29:22 *An angry man stirs up strife* 30:33 *The churning of anger produces strife*
b. More sin
19:19 *A man of great anger shall bear the penalty, for if you rescue him, you will only have to do it again.*
29:22 *a hot-tempered man abounds in transgression*
c. Others are alienated
14:17 *A quick-tempered man acts foolishly, and a man of evil devices is hated*
d. Penalty
19:19 *A man of great anger shall bear the penalty*
Eph. 4:26 *Be angry and do not sin, do not let the sun go down on your anger.*

3. The cause of anger

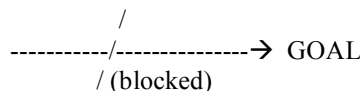
Two misunderstandings of the source of anger:

First, we tend to think anger is like a radiator inside you

Feeling → intense thinking → vivid imagining → clear judgments → behavior (usually tongue first)

Second, the source of anger is out there:

It's better to see anger in terms of goals and beliefs.



- 19:11 *A man's discretion makes him slow to anger, and it is his glory to overlook a transgression.*
12:16 *A fool shows his annoyance at once, but a prudent man overlooks an insult.*
James 1:19 *Let everyone be quick to hear, slow to speak, and slow to anger.*

4. God's anger

You are ultimately powerless to become a slow-to-anger person until you experience God's anger. How?

- a. You experience God's anger in mercy.
b. You experience God's anger in deliverance.
c. You experience God's anger in hope