



Wisdom for Anger & Forgiveness

Wisdom Books

- ✓ Job – trusting God whatever (13:15)
- ✓ Psalms – worshipping God whatever (95:6)
- ✓ **Proverbs – wisdom for life (1:7; 9:10)**
- ✓ Ecclesiastes – living in a complex world (12:13-14)
- ✓ Song of Solomon – loving God deeply (2:16)

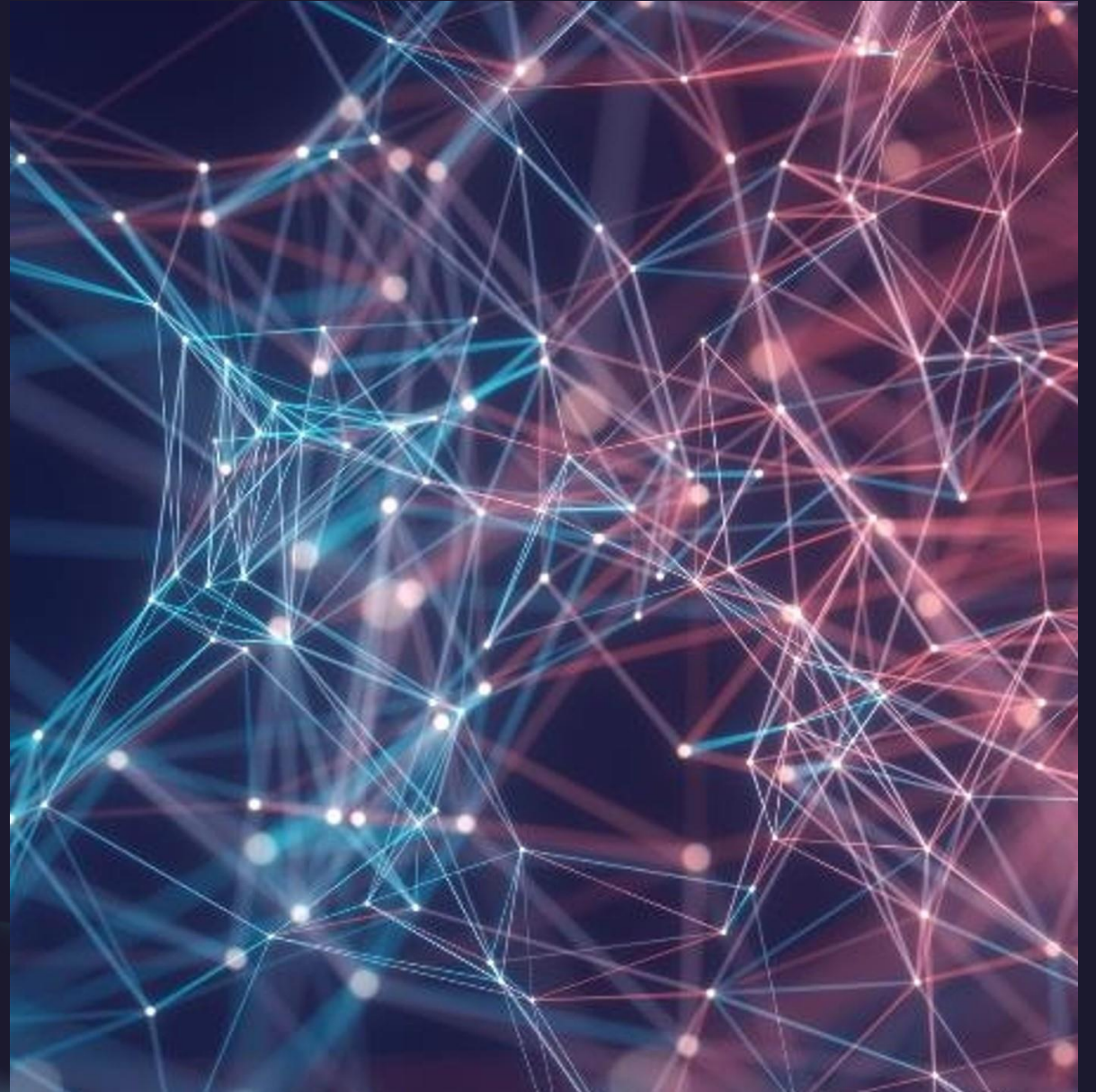
Anger!

- ❖ Passionate response when a line (*appropriate or inappropriate*) is crossed
- ❖ Anger is a God-given emotion
- ❖ The Bible mentions God's anger 350+ times
- ❖ Anger is powerful and can be used/abused
- ❖ Be angry but do not sin (Eph 4:26)
- ❖ Stages: irritation, frustration, anger, rage/retreat, wrath...
- ❖ I can make others angry (15:1)



Looking at anger

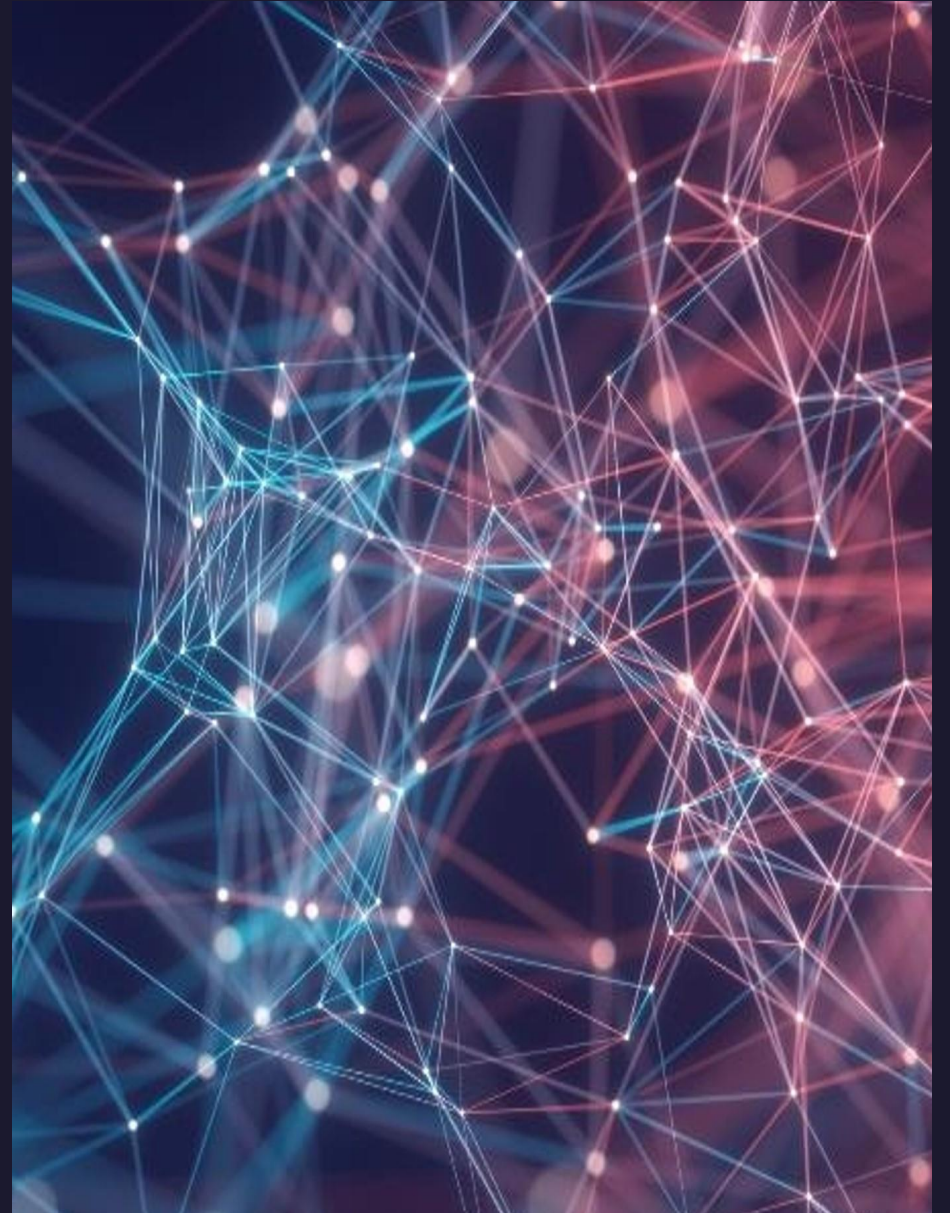
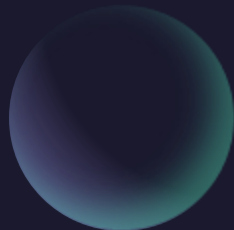
1. Looking around
2. Looking in
3. Looking back
4. Looking ahead
5. Looking up



Looking at anger

1. Looking around

- ❑ Prov 14:17 “*angry ... foolish things*”
- ❑ Address the issue, not the person



Looking at anger

1. Looking around

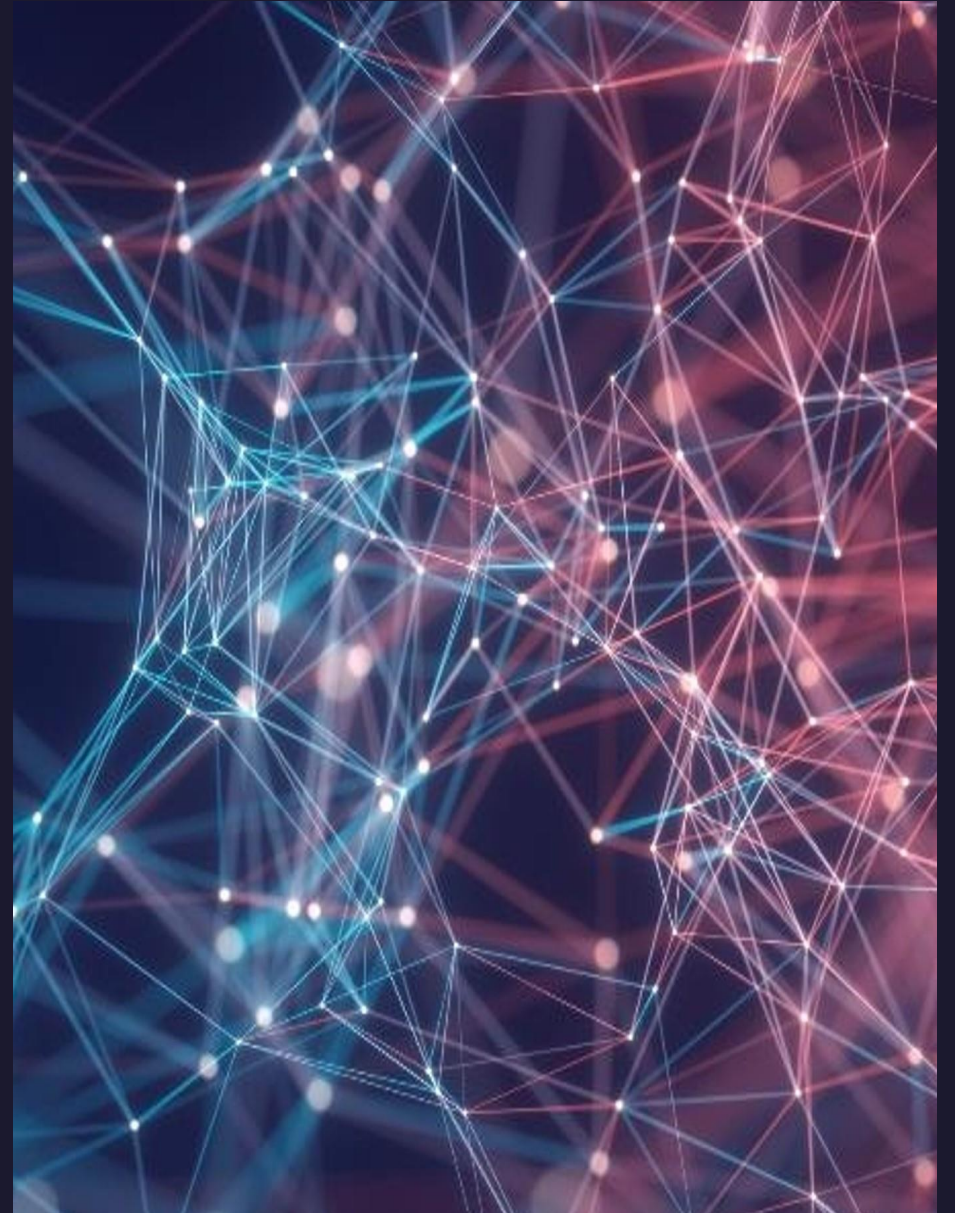
2. Looking in (my anger)

❑ Prov 29:22

❑ Matthew 5:22

❑ What makes me angry? Why?

❑ How do I react/respond?

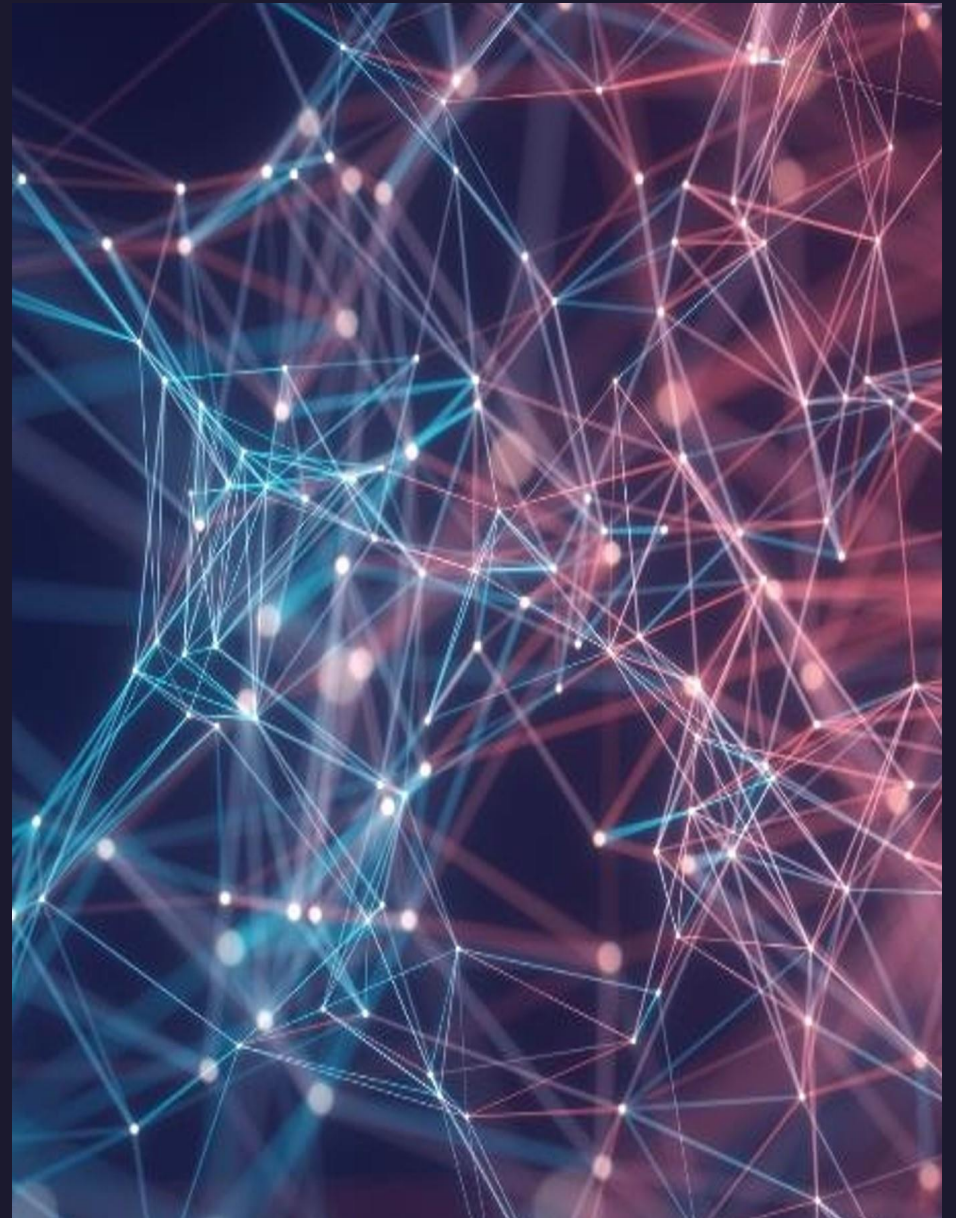
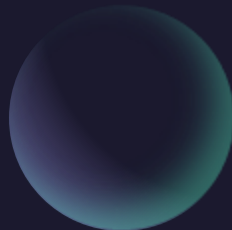


Looking at anger

1. Looking around 2. Looking in

3. Looking back

- ❑ What do I notice & learn from the past?
- ❑ What models have I been exposed to?



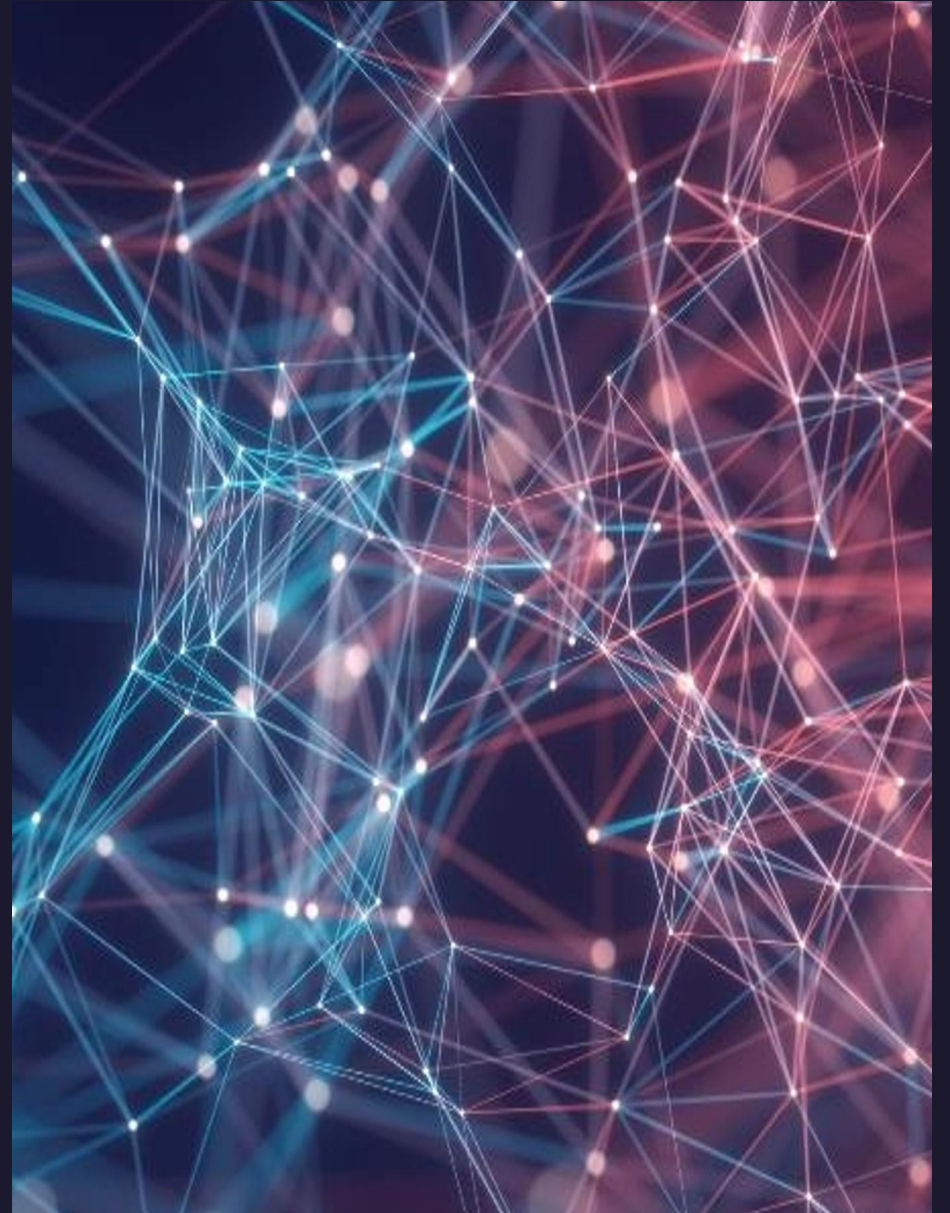
Looking at anger

1. Looking around
2. Looking in
3. Looking back

4. Looking ahead

What is the outcome?

- ❑ 14:29 “*displays folly*”
- ❑ 15:18 “*stirs up trouble*”
- ❑ 29:22 “*commits many sins*”



Looking at anger

1. Looking around 2. Looking in 3. Looking back 4. Looking ahead

5. Looking up

Be angry at what makes God angry... but...

- ❑ Willing to change? Willing to be made willing?
- ❑ Out of control? Seek help.
- ❑ God is in the people-changing business
- ❑ Confess, repent, count on God...



Forgiveness in Proverbs

Proverbs 17:9

“Love prospers when a fault is forgiven, but dwelling on it separates close friends.”