

# From Proverbs: Six Critical Lessons About Anger

Paul Cochrane, January 19, 2014

## Six Critical Lessons about Anger

### 1. Anger—and the Fool

A fool's anger is known at once. 12:16

A fool always loses his temper. 29:11

A quick-tempered man does foolish things. 14:17

### 2. Anger—and the Temper

#### a) The Quick Temper

A quick temper... exalts folly. 14:29

Hot-tempered man stirs up strife. 15:18

Hot-tempered man abounds in transgression. 29:22

Fool always loses his temper. 29:11

Quick-tempered man acts foolishly. 14:17

Don't associate with a hot-tempered man. 22:24

#### b) The Controlled Temper

One who controls his temper... is better than a conqueror of a city. 16:32

A wise man... holds his temper back. 29:11

#### c) The Slow Temper

Slow to anger... has great understanding. 14:29

Slow to anger... calms a dispute/quiets contention. 15:18

One slow to anger... is better than a mighty warrior. 16:32

Discretion... makes one slow to anger. 19:11

### 3. Anger—and Strife

Angry man stirs up strife. 29:22

Churning of anger... produces strife. 30:33

Harsh words stir up anger. 15:1

A backbiting tongue brings an angry countenance. 25:23

### 4. Anger—an earnest Warning

Do not associate with one given to anger. 22:24

### 5. Anger—the high Cost

A man of great anger... will bear the penalty. 19:19

### 6. Anger—can be Turned Away

A gentle answer... turns away wrath. 15:1

Wise men turn away anger. 29:8