**"RESPONDING TO ANGER"**

**Proverbs 14:7, 29; 15:1, 18; 19:11; 22:24-25; 29:22**

1. **Costs of a Quick Temper**

1. Act foolishly

***Proverbs 14:17, “A man of quick temper (quick to anger) acts foolishly, and a man of evil devices is hated.”***

2. Stir up strife

***Proverbs 15:18, “A hot-tempered man stirs up strife..."***

3. Leave a trail of damage

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

**II**. **Value of being slow to anger**

**1**. Reveals great understanding

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

2. Tap into the power of patience and self control

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

3. Turns away wrath

***Proverbs 15:1, “A soft (gentle; tender) answer turns away wrath, but a harsh (hurtful; offensive) word stirs up anger.”***

4. Wins the relationship

***Proverbs 15:18, “A hot-tempered man stirs up strife, but he who is slow to anger (patient NIV) quiets contention.”***

*"The goal of anger is to win the argument. The goal of patience is to win the relationship." - Boyd Bailey*

***“Patient persistence pierces through indifference; gentle speech breaks down rigid defenses” (Proverbs 25:15 MSG).***

**III**. **Actions to take to control your anger**

1. Seek to understand the situation before you react

Know before explode!

2. Watch your words - ***Proverbs 15:1, “A soft answer turns away wrath"***

3. Deal with anger quickly

***Ephesians 4:26, "Be angry and do not sin; do not let the sun go down on your anger."***

4. Don't make friends with "anger-owners"

***Proverbs 22:24-25, “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.”***

5. Choose forgiveness over anger

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