



Part 8 – Mad About You  
Proverbs

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February 28, 2016

I. INTRODUCTION

- A. *Proverbs 22:24-25 “Don’t befriend angry people or associate with hot-tempered people, <sup>25</sup> or you will learn to be like them and endanger your **soul**.” (NLT)*
- B. *Proverbs 20:2 “The king’s fury is like a lion’s roar; to rouse his anger is to risk your life.” (NLT)*
- C. *Proverbs 29:11 “A fool gives full vent to his anger, but a wise man keeps himself under control.” (NIV)*
- D. *Proverbs 14:29 “People with understanding control their anger; a hot temper shows great foolishness.” (NLT)*

II. NOT ALL ANGER IS **WRONG**.

- A. God gets angry because of how wrongly some people treat other people. God gets angry because of **sinful** decisions people make that end up damaging themselves and others.
- B. **Jesus** got angry with the money changers in the temple and at the Pharisees because of their hypocrisy and because of how they treated other people.
- C. The problem with even good anger in us is that it still can become wrong when it is **expressed** in a wrong way or allowed to linger on too long.

### III. WHAT IS SO **HARMFUL** ABOUT WRONG ANGER?

A. There are **physical** consequences to anger out of control.

1. *Proverbs 17:22* “A joyful heart is good medicine, But a broken spirit dries up the bones.”
2. *Proverbs 14:30* “A tranquil heart is life to the body, But envy is rottenness to the bones.”
3. *Proverbs 15:30* “Bright eyes gladden the heart; Good news puts fat on the bones.”

B. There are **spiritual** consequences to anger that does go too far.

*Matthew 6:14-15* “For if you forgive men for their transgressions, your heavenly Father will also forgive you. <sup>15</sup> “But if you do not forgive men, then your Father will not forgive your transgressions.”

C. If we do not master our anger, our anger will **master** us.

1. *Proverbs 25:28* “Like a city that is broken into and without walls is a person who has no control over his spirit.”
2. *Proverbs 14:17* “A quick-tempered man **acts** foolishly...”
3. *Proverbs 29:11, 20* “Fools vent their anger, but the wise quietly hold it back. <sup>20</sup> There is more hope for a fool than for someone who **speaks** without thinking.” (NLT)
4. “People who keep losing their heads are usually the last to miss them.” (Anonymous)

### IV. WE **CAN** BRING OUR ANGER UNDER CONTROL.

A. Be **honest** about the anger problem.

B. **Repent** every time your anger gets out of control.

*Proverbs 28:13* “He that covers his sin will not prosper but whoso confesses and forsakes it shall find mercy.”

C. Get things right with the person who was injured.

Apologize to whomever we injured. Keep going back with real remorse no matter how many times we have to do it.

D. Get into a new habit of **thinking** before reacting.



