

"Uncommon Sense" from The Proverbs—About Anger

Sunday Evening, October 25, 2026 – WOCC – Rich Howell

EVENING DEVOTION: "ANGER MANAGEMENT"

In case you haven't noticed, our recent Sunday evening themes are closely related. Keeping our hearts (10/04), holding our tongues (10/11) and self-control (10/18). Now we turn our attention to another topic closely related to these three: ANGER.

1. **TERMS OF ANGER:** *We have many English words that describe anger: Being _____, upset, miffed, vexed, rage, (outraged, enraged), ire (irked), fury (furious, infuriated), wrath, irritated, annoyed, ticked off, aggravated, peeved, disgruntled, disturbed, incensed, hostile, livid, _____ heated, cross. Heard enough?!*
2. **CAUSES OF ANGER:**
 - a. *Our _____ nature (Gal 5:19-20; Col 3:5,8; James 4:1-2)*
 - b. *Being _____ or feeling "crossed" or "imposed upon" (A blocked goal; a violated right; an unmet need or desire; an injury or hurt feelings), etc.*
 - c. *Unrea_____ or unrea_____ expectations*
 - d. *Overactive _____-talk, projecting, suspecting, judging intentions or motives*
 - e. *Hatred, _____, envy, etc.*
3. **PROVERBS AND POINTS ABOUT ANGER:**
 - a. *Be slow to anger, like _____! **Prov 15:18; 19:11; James 1:19-20; Exodus 34:6-7***
 - b. *Be _____ to deal with anger! **Eph 4:26-27,30; Lev 19:17-18; Mat 5:21-24***
 - c. *The danger of anger! **Prov 14:17a; 15:18a; 29:22; Eph 4:26-27; Gen 4:3-12; Acts 7:54-60***
It leads to _____, especially when we hold on to it.

[NOTE: **Eph 4:26a** reminds us that not all anger is _____. God, while slow to anger, still gets angry. Jesus Christ was angry on several occasions, but it was never sinful anger, but righteous indignation!]

 - d. *When angry, holding back is better than _____! **Prov 29:11***
 - e. *Don't _____ people to anger! **Prov 10:12; 1 Pet 4:8; 25:23; 29:22a***
In other words, don't _____ people's _____!
 - f. *When you speak, watch your _____! **Prov 15:1; Col 4:5-6; 2 Tim 2:24-26***
*Learn the skill of de-fusing or de-_____ anger! **Prov 15:1***
4. **FIVE WAYS TO MANAGE ANGER:** Rate them from 1 (the best) to 5 (the worst)
 - _____ **ESS YOUR ANGER** (Holding it in, not acting angry)
 - _____ **ESS YOUR ANGER** (Venting it in full)
 - _____ **YOUR ANGER** (Holding it back, then trying to let it go)
 - _____ **ESS YOUR ANGER** (Denying anger, even to yourself)
 - _____ **ESS YOUR ANGER** (Admitting it to God and/or to people, while accepting responsibility for it.)

WRAP-UP: How many good reasons for managing anger do you see in **Eph 4:26-27,29-5:2?**