

Practical Wisdom on Words and Anger

Curtis Warren // August 30, 2020

Proverbs 29:11; 15:1-4; 3:4-5

Big Idea: Our words reveal what our hearts are filled with.

1. The Mouth is a Heart Gauge

Proverbs 29:11; Luke 6:45

2. Anger Turns Words into Weapons

Proverbs 15:1-4; Colossians 3:8

3. Ruling Anger Means Right-sizing Our Loves

Proverbs 3:4-5; 1 Peter 2:23-24; Romans 12:2

Sermon questions

1. What do you think about the old saying - “Sticks and stones may break my bones, but words will never hurt me”? Explain.
2. Read **Psalm 7:11** and **Ephesians 4:26-27**. Is God’s anger different from your anger? Explain.

At what point does your anger become “sin”?

Read **Proverbs 28:13-14**. What is your habit when you recognize that your anger is sinful? How does a “hard heart” (**Proverbs 28:14**) play into your typical response to your sinful anger?

3. Read **Proverbs 15:1-4**. Have you ever turned your words into weapons with your spouse, your children, a friend, or a co-worker? What happened?

How would these relationships be different if you used your words to heal instead of hurt (**Proverbs 15:4**)?

4. Read **Proverbs 15:18** and **30:33**. Where have you seen these verses proven true in your life? Where do you see them proven true in today's society?

5. Read **Psalms 37:8** and **Proverbs 29:8**. It's best to avoid situations where we're prone to destructive anger. However, that is not always possible. What are your "trigger points"? What are some situations in which you tend to respond with sinful anger?

How will Pastor Curtis' message and these verses help you avoid or deal better with those situations?

6. Pastor Curtis gave the solution to sinful anger as "right-sizing our loves." What does that mean?

7. Read **Proverbs 3:5-6**, **1 Peter 2:23-24**, **Romans 12:2**. How will these verses help you when the object of your first love is something other than God?

For further personal growth:

Anger is not sinful in and of itself. However, it can become sin if it is motivated by pride (**James 1:20**), if it dishonors God (**1 Corinthians 10:31**), or when we allow it to simmer (**Ephesians 4:26-27, 29**), or harms another person (**Proverbs 15:1-4**).

Read **Ephesians 4:15**. You can deal with anger biblically by practicing these four habits:

- Be honest and speak up. Others can't read your mind (**Ephesians 4:25**).
- Keep short accounts with others. It is important to deal with an issue before it grows and becomes unmanageable (**Ephesians 4:26-27**).
- Address the problem, not the person. Keep your voice low (**Ephesians 4:29, 31; Proverbs 15:1**).
- Act rather than react (**Ephesians 4:31-32**). Our fallen nature's first impulse is always sinful. Instead of reacting stop and reflect on a godly way to respond. Anger often energizes us, so use that anger to solve a problem not create a bigger one.

Read the Bible this year

Pastor Brad encouraged us to read the Bible in 2020. Here's some help getting started. Each day this week read from the Old and New Testament. Or, if you prefer, read just from one testament. Enjoy!

- **Psalms 107-109; 1 Corinthians 4**
- **Psalms 110-112; 1 Corinthians 5**
- **Psalms 113-115; 1 Corinthians 6**
- **Psalms 116-118; 1 Corinthians 7**
- **Psalm 119**
- **Psalm 120; 1 Corinthians 8**
- **Psalms 121-122; 1 Corinthians 9**