

## Week#5 Dealing With our ANGER

### Verse Memorization List

<b><u>BE ANGRY, and SIN NOT</u></b>	
<p>Ec 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.</p> <p>Pr12:16 A fool's wrath is presently known: but a prudent man covereth shame.</p> <p>Pr14:17 He that is soon angry dealeth foolishly: and a man of wicked devices is hated.</p> <p>Pr14:29 He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.</p> <p>Pr15:1 A soft answer turneth away wrath: but grievous words stir up anger. ...18 A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife.</p> <p>Pr16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.</p> <p>Pr19:11 The discretion of a man deferreth his anger; and it is his glory to pass over a transgression. 19 A man of great wrath shall suffer punishment: for if thou deliver him, yet thou must do it again.</p> <p>Pr20:2 The fear of a king is as the roaring of a lion: whoso provoketh him to anger sinneth against his own soul.</p> <p>Pr21:14 A gift in secret pacifieth anger: and a reward in the bosom strong wrath. 19 It is better to</p>	<p>dwell in the wilderness, than with a contentious and an angry woman.</p> <p>24 Proud and haughty scorner is his name, who dealeth in proud wrath.</p> <p>Pr22:8 He that soweth iniquity shall reap vanity: and the rod of his anger shall fail. 24 Make no friendship with an angry man; and with a furious man thou shalt not go:</p> <p>Pr25:23 The north wind driveth away rain: so doth an angry countenance a backbiting tongue.</p> <p>Pr27:3 A stone is heavy, and the sand weighty; but a fool's wrath is heavier than them both. 4 Wrath is cruel, and anger is outrageous; but who is able to stand before envy?</p> <p><b>Pr29:22 An angry man stirreth up strife, and a furious man aboundeth in transgression.</b></p> <p><b>Pr30:33 Surely the churning of milk bringeth forth butter, and the wringing of the nose bringeth forth blood: so the forcing of wrath bringeth forth strife.</b></p> <p><b>Mt 5:22 But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: ...</b></p> <p><b>.Eph 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:</b></p> <p><b>cf Eph 4:31, Col 3:8, 21, Tit 1:7</b></p>

Anger – *noun* A violent passion of the mind excited by a real or supposed injury; usually accompanied with a propensity to take vengeance, or to obtain satisfaction from the offending party. This passion however varies in degrees of violence, and in ingenuous minds, may be attended only with a desire to reprove or chide the offender. Anger may be inflamed till it rises to rage and a temporary delirium. 1828

## Thoughts on Anger Management V

In your notebook write out and ponder the anger-issue verses from Proverbs 29 to the end on our list above. Ponder how each verse might find application in your anger management, and journal a thought or two on each verse.

Last week we looked to learn some things from angry people in the Bible, some of God's anger, and Moses' being an advocate. This week I'd like that we learn some things that turned God's wrath, and some things that build self-discipline. Consider these verses:

### Things That Turn the Wrath of God. ... or not.

*Nu 25:11 Phinehas, the son of Eleazar, the son of Aaron the priest, hath **turned** my **wrath** away from the children of Israel, while he was zealous for my sake among them, that I consumed not the children of Israel in my jealousy.*

*2Ki 23:26 Notwithstanding the LORD **turned** not from the fierceness of his great **wrath**, wherewith his anger was kindled against Judah, because of all the provocations that Manasseh had provoked him withal.*

*2Ch 12:12 And when he (Rehoboam) humbled himself, the **wrath** of the LORD **turned** from him, that he would not destroy him altogether: and also in Judah things went well.*

*Ezr 10:14 Let now our rulers of all the congregation stand, and let all them which have taken strange wives in our cities come at appointed times, and with them the elders of every city, and the judges thereof, until the fierce **wrath** of our God for this matter be **turned** from us.*

*Ps 78:38 But he, being full of compassion, forgave their iniquity, and destroyed them not: yea, many a time **turned** he his anger away, and did not stir up all his **wrath**.*

*Ps 85:3-4 Thou hast taken away all thy **wrath**: thou hast **turned** thyself from the fierceness of thine anger. 4 Turn us, O God of our salvation, and cause thine anger toward us to cease.*

In your notebook, in complete sentences, name the things that turned away God's wrath in each verse above.

### Some Things About Self Discipline.

Self-discipline and character are in drastic decline in America. This shallowness of character is referenced in the Sower and the Seed parable, where Jesus explains:

*“ And these are they likewise which are sown on stony ground; who, when they have heard the word, immediately receive it with gladness; And **have no root in themselves**, and so endure but for a time:*

*afterward, when affliction or persecution ariseth for the word's sake, immediately they are offended”... they bear no fruit! (Mark.4:16-17).*

When a person with a character flaw, or character shallowness, gets genuinely born-again saved he brings the flaw/shallowness right into his “new-creature” life. We are “transformed by the renewing of our mind” (Rom.12:2). But some of us need more renewing than others. God can, ... but proactive, disciplined, consistent involvement will be required. A study of “Where Self-Discipline Comes From” can help.

When a child is raised with no, little, or poor discipline, they have no, little or poor self discipline. They are then launched into a world centered on “amusement” (to “muse” is to “think”, the 'a' prefix means “not-to”) and play video games 24-7.

It might be that nothing short of “shock-camp” can rehabilitate such a condition. There, they can be forced into a very strict disciplined life, that develops self discipline. One without it, blames others, blames circumstances, even blames authorities for their incompetent state. Christ can set one free from their bondage to sin, but an individual with no/poor self discipline and a shallow character, will become a Christian with no/poor self discipline and a shallow character. Steps to build discipline and character will be essential, as is a Philippians 4:13 mentality. “I can do all things through Christ which strengtheneth me.”

What does the Bible say about building character? It starts with responsible parenting:

*Deut 6:6-7 And these words, which I command thee this day, shall be in thine heart: 7 And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.*

*Le 19:3, Eph 6:1-3 Ye shall fear every man his mother, and his father; ... Children, obey your parents in the Lord: for this is right. Honour thy father and mother; ... That it may be well with thee, and thou mayest live long on the earth.*

Arch-atheist Neil DeGrasse Tyson, HBO comedian Bill Maher, and Bill Nye the Science Guy have publicly promoted that any person teaching children the Bible are “science deniers” and should be charged with child abuse.<sup>1</sup> Shame on them, God will bring them to derision. In early life my parents taught me the Bible, and a “spare-not-the-rod” mentality, which I assembled in this list:<sup>2</sup>

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1 Edward G. Rice, “A Systematic Theology for the 21st Century – Vol 6 Anthropology”, Lulu.com, 2019, pg 30, [GSBaptistChurch.com/theology](http://GSBaptistChurch.com/theology).

2 Spare\_rod\_not.lst Eph 6:1,2,3, Pr 17:25,26 19:18 22:6,15, 23:13,14 29:15,17

*Proverbs 17:25 A foolish son is a grief to his father, and bitterness to her that bare him. 26 Also to punish the just is not good, nor to strike princes for equity. 19:18 Chasten thy son while there is hope, and let not thy soul spare for his crying. 22:6 Train up a child in the way he should go: and when he is old, he will not depart from it., 15 Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him. 23:13 Withhold not correction from the child: for if thou beatest him with the rod, he shall not die. 14 Thou shalt beat him with the rod, and shalt deliver his soul from hell. 29:15 The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame. 17 Correct thy son, and he shall give thee rest; yea, he shall give delight unto thy soul.*

Otherwise children **have no root in themselves**, and so, if they profess salvation, they might only endure but for a time. Dr. Clarence Doyle, a renowned youth camp director said, "It is easier to raise boys and girls than to repair men and women." And so, if a child is NOT trained up *in the way he should go*, what recourse is there to fix the adult? *De 8:5 Thou shalt also consider in thine heart, that, as a man **chasteneth** his son, so the LORD thy God **chasteneth** thee.*

Taking the trek that God has outlined might involve, *Chasten **the adult** while there is hope, and let not thy soul spare for his crying. Foolishness is bound in the heart of **the adult**; but the rod of correction shall drive it far from him. Withhold not correction from **the adult**: for if thou beatest him with the rod, he shall not die. Thou shalt beat him with the rod, and shalt deliver his soul from hell. The rod and reproof give wisdom: but **the adult** left to himself bringeth shame. Correct **the adult**, and he shall give thee rest; yea, he shall give delight unto thy soul.*

*Job 5:17 Behold, happy is the man whom God correcteth: therefore despise not thou the **chastening** of the Almighty.*

All of us can consciously with discipline, improve our self-discipline a little. It would be wise to do it with his help, rather than with his chastisement. Either way, there are steps in life that will get us there. "*Ps 37:23 The steps of a good man are ordered by the LORD: and he delighteth in his way. Though he fall, he shall not be utterly cast down: for the LORD upholdeth him with his hand.*"

People don't read enough; it takes self-discipline; especially when it's a 100 year old book, even when it's free. Some here might pursue a quick book review of Samuel Smiles 164 year old book "Self-Help" to better understand the scope of this lacking self discipline and failed work ethic problem. "Self-Help" by Samuel Smiles, 1866

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