

PROVERBS SERIES FOURTEEN
HOW TO HANDLE ANGER
Dr. Roger Barrier
Proverbs 14:17;15:1;16:14;17:1;20:3;21:14;29:11

Proverb 29:11: A fool gives full vent to his anger,
but a wise man keeps himself under control.

WHERE DOES ANGER ORIGINATE IN THE BRAIN?

The Amygdala, an unconscious part of lower brain is intricately involved in the generation of human emotion. It is instrumental in the *Fear/Appeasement—Flight—Fight* survival response.

Fear/Appeasement:

Proverb 15:1: A gentle answer turns away wrath,
but a harsh word stirs up anger.

Proverb 21:14: A gift given in secret soothes anger,
and a bribe concealed in the cloak pacifies great wrath.

Proverb 16:14: A king's wrath is a messenger of death,
but a wise man will appease it.

Flight:

Proverb 17:1: Better a dry crust with peace and quiet
than a house full of feasting, with strife.

Fight:

Proverb 20:3: It is to a man's honor to avoid strife,
but every fool is quick to quarrel.

The Amygdala is one of the most active parts of the brain. It is essentially alert and firing all the time.

IS IT A SIN TO BE ANGRY?

Of course not, anger is a necessary, built-in emotion.

Proverb 27:4: Anger is cruel and fury overwhelming,

Proverb 14:17: A quick-tempered man does foolish things.

Ephesians 4:26-27: *In your anger do not sin...*

The emotion of anger is not sin; but, anger has the potential to lead into sin. Anger does not become sin until we translate it into aggressive and hostile actions—or activities destructive to the self.

WHY DO PEOPLE GET ANGRY?

1. Some are angry because they are hurting.

Proverb 20:2: A king's wrath is like the roar of a lion;
he who angers him forfeits his life.

2. Some are angry because of brain chemistry imbalance.

3. Some open their lives to a demonic stronghold.

Ephesians 4:26-27: *In your anger do not sin...and do not give the devil a foothold.*

WHAT MIGHT ANGER LOOK LIKE?

There are misconceptions about anger (Overcoming Hurts & Anger by Dwight L. Carlson M.D.).

1. If I don't look, feel, or seem angry, I don't have an anger problem.

2. If I ignore my hurts and anger, they will go away and won't cause me any trouble later on.

3. If I just let all my feelings and anger out—just get them out of my system—I'll solve my anger problems.
4. It won't cost me too much emotionally to be a nice person who never gets angry at anybody.
5. If I express my hurts and anger to the person with whom I'm angry, our relationship will suffer.

We Tend To Be Angry And Sin In Either One Of Two Directions.

Proverb 29:11: *A fool gives full vent to his anger,
but a wise man keeps himself under control.*

1. The Ventilation of anger. We blow up! (*Thumos*)
2. The Internalization of anger. We clam up! (*Orge*)

The Angry Book by Theodore Isaac Rubin, M.D.

Venting: Auto Poison; Bullying; Explosive Behavior; Rage; Violence; Suicide; Murder
Repressing: Anxiety; Depression; Self-Sabotage; High Blood Pressure; Overeating; Under eating;
Sleep Problems; Silent Treatment; Malicious Gossip; Overworking; Over sexing; Over
exercising; Bad Dreams; Always Tired; Drugs; Alcohol; Juice-Stewing

WHAT DO YOU DO IF YOU FIND YOURSELF LOSING CONTROL?

Proverb 16:32: Better a patient man than a warrior,
a man who controls his temper than one who takes a city.

1. Deescalate the emotions of the moment. Choose to calm yourself down.

Proverb 30:33: For as churning the milk produces butter,
and as twisting the nose produces blood,
so stirring up anger produces strife.

Proverb 15:1: A gentle answer turns away wrath,
but a harsh word stirs up anger.

2. Ask the question, "Where have I been hurt?"
 - a. Then, process the hurt by mourning with a trusted friend and receiving comfort.
 - b. Understand the truth of what happened.
 - c. Forgive the offender.

Proverb 19:11: A man's wisdom gives him patience;
it is to his glory to overlook an offense.

USE JESUS AS THE MODEL.

1. He stood up for righteous principles.
2. He passed over inconsequential issues.
3. He was able to forgive those who hurt Him.
4. He prayed for those who misused him.
5. He loved with deep compassion, despite whatever was done against Him.

HOW DO WE TREAT ANGRY PEOPLE? WITH COMPASSION AND UNDERSTANDING.

Proverb 15:1: A gentle answer turns away wrath,
but a harsh word stirs up anger.

1. Ask the question, “Where are they hurting?”

Angry people are most often hurting people. People get angry because they get hurt. They need mourning and comfort.

2. Consider the possibility of a chemical imbalance and the need for medical intervention.

Tapes and CDs of this service are available immediately after the service at the Shepherd's Heart Ministry Table on the Plaza.