

MAIN POINT

We are able to be better witnesses for Jesus Christ when we control our tongues and resist sinful anger.

INTRODUCTION

What is one thing people do that really “pushes your buttons”?

Everyone gets angry from time to time. When you do, are you more likely to act out in your anger, or sit on it and stew?

Certain things in life trigger angry reactions in us, whether we like it or not. Maybe you have a case of road rage, maybe you get angry when people talk in movies, or maybe it’s something more serious. Regardless of the circumstances, there is no excuse for our anger. The Bible clearly states that it is a sin unless it is the righteous anger the seeks to uphold God’s glory (like Jesus displayed in the temple). People tend to respond to anger in one of two ways—they frequently vent it or they hold it in until it boils over. Regardless of which camp you fall into, anger is a very real issue we all deal with. Thankfully God’s Word provides guidance for believers to deal with their anger in a God-honoring way.

DISCUSSION

> READ PROVERBS 18:2, 21, 21:23, AND JAMES 1:19-20.

In Proverbs 18:2, what is the difference between gaining understanding and showing off an opinion?

How is showing off one’s opinion often unhelpful in an argument?

Look at Proverbs 21:23. What does it look like to guard your mouth and tongue?

When is it most difficult for you to guard your tongue?

What are some preparations you can make to guard your tongue when you feel anger rising?

How will being “quick to hear, slow to speak, and slow to anger” help us keep from becoming angry?

Why doesn’t human anger accomplish God’s righteousness?

Read Ephesians 4:26-27. How can we follow the command to avoid sinning when we are angry? What is it about anger that makes us prone to sin?

Read Matthew 21:12-13. How was this a right example of anger? What does this instance teach us about what anger is for? How does the devil use it for his own ends?

What are some steps we can personally take to make sure we handle our anger rightly? What are the Scriptural principles we have studied that will help us keep a level head?

APPLICATION

Where has God revealed you are most prone to anger? How is He calling you to respond to Him today?