

16. Is it true to say that people will do things, including allowing anger to break out, when in a crowd, which they would not do if on their own? Why is this?

17. A final tip is in the verse at the top of the study. Why are told not to let the sun go down on our anger?

### **Read Galatians 5.19-24**

18. In what way is anger a work of the flesh? From the top tips in Proverbs which of the fruit of the Spirit help us to stop anger breaking out?

### **Pray**

- Pray for the fruit of the Spirit in your own life and in particular to be ensure that justified anger does not turn to sin.
- Pray for those who have particular difficulties with controlling anger.
- Pray for those who maintain law and order, particularly the police and judiciary. That justified anger at wrongdoing would not turn to misuse of power.
- Pray for those going on Christian camps over the summer weeks.
- Pray for the Keswick Convention and that all those going from St James would find the teaching encouraging and profitable and the times of fellowship and relaxation refreshing.

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## **Get Wisdom**

### **Week 8**



### **The Water that Breaks Out** (cf Prov 17.14)

*Be angry and do not sin; do not let the sun go down on your anger.*  
(Eph 4.26)

### **Anger that is not sin**

#### **Read Mark 3.1-6**

1. What was Jesus angry about and was He right to be angry?

#### **Read Nehemiah 5.1-6**

2. What was Nehemiah angry about and how did he deal with the anger? Was this a good way to act?

3. The Puritan minister John Trapp wrote “He who would be angry without sin must not be angry at anything except sin.” Do you think this is a helpful way of seeing the difference between justified anger and sinful anger?

### **The water that breaks out**

*The problem with anger is that it is often not justified and when it is justified our sinfulness often turns it into something else.*

**Read Genesis 4.5-8** (If you have time in preparation read Gen 4.1-8)

4. Do you think Cain was right to be angry?

5. What warning was he given about his anger? What should Cain have done?

**Read 1 Sam 25.10-13 & 23-24** (In possible beforehand read v1-32)

6. How did the water of anger break out with David? What might have happened if Abigail had not intervened?

7. How did Abigail's soft words (alongside her gifts and good looks) turn away David's wrath?

### Holding the water back

*Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger (James 1.19)*

8. Is anger something you find difficult to control?

*Some tips from proverbs on not letting anger break out into sin:*

**Read Prov 14.17** (see also v29)

9. What is tip in this verse for dealing with anger? How easy is it to put this into practice?

**Read Prov 19.11** (see also Prov 12.16)

10. What is tip in this verse for dealing with anger? What does this mean in practice and how hard is it to do?

**Read Prov 10.12** (See also 1 Corinthians 13.4-5)

11. How does the fruit of love help us to deal with anger?

12. Is it easy to love someone with whom you are really angry? Are there ways to make sure that love wins out?

**Read Prov 15.1**

13. What is tip in this verse for dealing with anger? How did we see this at work in 1 Sam 25?

14. US President Theodore Roosevelt "Speak softly and carry a big stick." (Or see Sally Brown's version in the box.) How is different to what is said in Proverbs?

**Read Prov 22.24-25**

15. What is tip in this verse for avoiding anger? Do you think anger can be contagious in this way?

