

# Women of Grace

## Lesson 16 | Anger

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*Man's natural tendency is to sin, and the natural tendency of sin is to grow into greater sin. And a Christian's sin will grow just like that of an unbeliever. If not checked, our inner sins of bitterness and wrath and anger will inevitably lead to the outward sins of clamor, slander, and other such manifestations of malice.*

— John MacArthur, *The MacArthur New Testament Commentary, Ephesians*, p. 190

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*Memorization Verse*  
**James 1:19**

This you know, my beloved brethren.  
But everyone must be quick to hear,  
slow to speak and slow to anger

*Outline*

- I. The Wise Woman Is Disciplined (Proverbs 6:9–11)
- II. The Wise Woman Gives a Soft Answer (Proverbs 15:1)
- III. The Wise Woman Forgives When Offended (Proverbs 19:11)
- IV. The Wise Woman Doesn't Exalt Anger (Proverbs 29:11, 14:29)

### DAY 1 | Understanding Anger

Read selected Scriptures

1. Use a dictionary to define the word "anger" and some ways that is manifest in our culture today.
  
  
  
  
  
  
  
  
  
  
2. In Proverbs 29:9 and 11, how is the fool described?

- a. What do you think it means to “give full vent to his spirit” (v. 11, ESV)? How does that help you understand the foolishness of anger?
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3. In Proverbs 22:24–25, what warning is given, and why? (See also Proverbs 12:26.)
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4. According to Proverbs 15:18, 26:21, and 29:22, how does anger affect relationships?
    - a. According to Proverbs 12:16 and 15:1, how are believers to respond to someone who is angry?
  
  
  
  
  
  
  
  
  
  
    - b. What effect do circumstances and people have upon your temper? What effect should they have?

## DAY 2 | Sinful Anger

Read selected Scriptures

1. What do you think is the difference between righteous and sinful anger? Cite at least one biblical example of each to support your answer.

2. From the following verses, identify some of the roots of sinful anger.

a. Proverbs 29:11, Ecclesiastes 7:8–9

b. Romans 12:19–21

c. Galatians 5:19–21

d. James 4:1–2

3. According to Matthew 5:21–22, how does God view anger, and how can that understanding help you fight against sinful anger?

4. According to Matthew 15:16–19, where does sinful anger originate?

5. When you get angry at someone or something, what do you think that communicates to others about your relationship with God?

## DAY 3 | Righteous Anger

Read selected Scriptures

“God’s wrath in the Bible is never the capricious, self-indulgent, irritable, morally ignoble thing that human anger so often is. It is, instead, a right and necessary reaction to objective moral evil.”

- J.I. Packer, *Knowing God*, p. 151

1. From the following verses, identify different aspects of God’s righteous anger.
  - a. Exodus 20:4–6, Isaiah 42:8
  
  - b. Exodus 34:6–7, Deuteronomy 4:25–26
  
  - c. Lamentations 3:31–33, Romans 2:5–8, 2 Peter 3:9
  
2. From 1 John 4:9–10, how were God’s love and God’s anger both evident at the cross?
  
3. How should understanding this motivate your gratitude to God and growth in Christlikeness?

## DAY 4 | Overcoming Anger

Read selected Scriptures

1. Consider the attitudes on the left and respond briefly to the following questions.

	How does anger manifest in your life in response to the attitudes?	What does this say about how you think of God, yourself, and your worldview?	What does Scripture teach about this attitude, and how can wisdom help you overcome a sinful response?
Discontentment or unmet expectations			
A sense of entitlement			

A desire to control others and/or circumstances			
Anxiety			
Selfishness			

## DAY 5 | The Wisdom of Self-Control

Read selected Scriptures

1. In Proverbs 14:29, 15:18, 16:32, and 19:11, what virtue is commended? Is this a strength in your own life? Explain your answer.
2. According to Proverbs 14:29–30 and 25:28, how is the wise man benefitted and the fool made vulnerable?
3. According to Galatians 5:22–23, who empowers the believer to be self-controlled, and why is that important?
4. Remembering the overall context of wisdom and folly in the book of Proverbs, how do sinful anger and self-control relate to the fear of the Lord and the destiny of those who fear the Lord?

5. According to Colossians 3:8–17 and Ephesians 4:31–32, what attitudes and actions are to mark a Christian? Identify one or two practical ways you can grow in godliness and self-control this week and share that with someone in your group who will hold you accountable.