

# 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. From last week's lesson or lecture on the truths of speech, how were you encouraged or convicted, and how did you apply these lessons to your own life?
  
  
  
  
  
  
  
  
  
  
2. Use a dictionary to define the word "anger" and some ways that is manifest in our culture today.

3. 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?
  
4. In Proverbs 22:24–25, what warning is given, and why? (See also Proverbs 12:26.)
  
5. 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.





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.



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