



Controlled In An Age of Rage

Key idea:

The wise person learns to control their words and actions to promote understanding and peace rather strife and anger.

Key text:

Proverbs 29:11

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

Key points:

1. Scripture teaches that it is wise to control my spirit and emotions rather than giving full vent to my anger (Proverbs 29:11; 25:28; 14:17; Psalm 37:7-9).
2. The wise person follows several practices to develop patience and self-control and not give full vent to anger and rage:
 - a. Avoiding situations which are likely to breed anger and rage if possible (Proverbs 4:14-15)
 - b. Listening to others carefully and taking time to think before responding (Proverbs 18:13; 18:2; 13:3; James 1:19-20)
 - c. Choosing words carefully with the purpose of not spreading rage but bringing peace if possible (Proverbs 15:28; 17:14; 15:1; 15:18; 13:3; 26:4; Ecclesiastes 10:13-14)
 - d. Asking the Holy Spirit to develop the fruit of patience and self-control within them (Proverbs 16:32; 12:16; Galatians 5:22-23)
 - e. Realize the limits of good that can be accomplished by human anger and trusting in God's Sovereign, Wise rule and His ultimate triumph rather than fretting and becoming angry (James 1:19-20; Psalms 37:7-9; Romans 12:18-21)
3. A key to being controlled in this age of rage is strong faith in God's ultimate Sovereignty and the sure victory of His Kingdom in the end.
4. Ultimately, only as the Spirit applies the Gospel to me can I become free from anger and rage and develop patience and self-control.

Questions for discussion/application:

1. What part of Sunday's text and teaching stood out most to me? Why?
2. Do I think that people express anger and rage more or less often today than twenty or thirty years ago? Why do I think this is so?
3. In what ways do the following technologies make it easier for me to become angry and express rage towards others? Which of these is the biggest problem area for me personally? What positive steps can I take to do better in this area?
 - a. Automobiles
 - b. Social media and the internet
 - c. Email and texting
 - d. Television and mass-media
 - e. News
4. When I feel anger or rage, how do I tend to handle and express it? Do I repress it or express it? When I express it do I explode and then quickly move on, or do I let it continue to affect me for hours?
5. When I consider the five practices listed in the key points above that help control anger, which one do I sense the Holy Spirit showing me that I struggle with the most? Why do I struggle in this area?
6. What excuses do I commonly make to excuse my angry words and actions?
7. How does meditating on the Sovereignty of God undermine my tendency to anger? Why is anger often a sign of lack of trust in God's Wise rulership of all things?
8. How does the Gospel address my sinful anger? How does it lead me to change my response to others when I am tempted to anger?
9. Whom can I pray for, share what I have learned, and invite to church this week?

Preview of next week: Guarding the Heart (Proverbs 4:20-27)