

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

I. Intro - Serenity Now!

- A. Steve Koren in a car with his parents as they bicker
- B. Suddenly his father shouts “Serenity Now!”
- C. This became the basis for a famous Seinfeld episode
- D. Shouting “Serenity Now!” does not calm the situation!
- E. Many call our time the age of rage or age of outrage
- F. How can we be controlled and peaceful in this age?

II. The Danger of Anger and Rage

- A. Anger and rage is the way of the fool
A fool gives full vent to his anger, but a wise man keeps himself under control. Proverbs 29:11 NIV
 - 1. A fool gives full vent to his anger
 - 2. Scripture is full of warnings about the danger of anger
Refrain from anger and turn from wrath; do not fret — it leads only to evil. Psalm 37:8

A quick-tempered man does foolish things, and a crafty man is hated. Proverbs 14:17
 - a. A clear command - stay away from anger & wrath
 - b. A clear warning - anger leads to foolish actions
 - c. This is why wrath is one of the seven root sins; it often leads to other sinful thoughts, words, and actions.

B. This is speaking of uncontrolled anger and rage

- 1. Scripture does speak of a righteous anger, that bristles at injustice - this is not speaking about that
- 2. But someone cutting you off in traffic, or making a comment you do not like, or supporting a politician you do not like is not cosmic injustice - it is just a minor irritation.
- 3. Proper anger is good - and exceedingly rare!
Anyone can become angry - that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way - this is not easy. (Aristotle)
- 4. The overwhelming majority of anger and rage in our culture right now is wrong on most of these counts - and is very harmful to both the angry person and society at large.
- 5. This verse is speaking to uncontrolled anger and rage - which is a large portion of the anger in society today!
A fool gives full vent to his anger, but a wise man keeps himself under control. Proverbs 29:11 NIV

A fool gives full vent to his spirit, but a wise man quietly holds it back. Proverbs 29:11 (ESV)
 - a. The Hebrew is “A fool lets all his spirit go out”
 - b. It is really about more than just anger, but a foolish lack of emotional control. But the NIV captures the central idea as anger is a central emotional concern in Proverbs.
- 6. A healthy person learns to keep a tight leash on their tendency to anger, and does not give full vent to their rage but learns to control their emotions.

III. LifeHack: Controlling Our Anger

- A. The wise person avoids situations which are likely to breed anger and rage if possible

Do not set foot on the path of the wicked or walk in the way of evil men. ¹⁵ Avoid it, do not travel on it; turn from it and go on your way. Proverbs 4:14–15

1. Wisdom is knowing which path to take and which to avoid!
 2. If we know a situation, person, or event is likely to produce anger, then do not get involved, or wait until you will not become angry!
 3. Many people today seem to be looking to be offended - this is the path of the fool.
- B. The wise person carefully listens to others before responding

He who answers before listening — that is his folly and his shame. Proverbs 18:13

1. Much of the current rage in our culture happens because people do not even listen to one another. They are not in a conversation; they are merely talking past one another.
2. 4/1/2014 - NPR - “Why Doesn’t Anyone Read Anymore” the headline asked, and commenters were quick to balk at the accusation, claiming that they read all the time. The problem is they didn’t – and they inadvertently [proved that they didn’t](#) – as the article was a fake. Anyone who actually clicked on the link was led to a paragraph that read: “We sometimes get the sense that some people are commenting on NPR stories that they haven’t actually read. If you are reading this, please like this post and do not comment on it. Then let’s see what people have to say about this ‘story.’”

3. When you feel anger rising, and your spirit and words are about to fly - STOP and LISTEN

- C. The wise person chooses their words carefully so they do not spread the rage

The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil. Proverbs 15:28

1. Taking the time to weigh a response allows our emotions to cool off!
2. Sometimes the best response is silence!
Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out. Prov 17:14
 - a. Is this my battle or someone else’s? Don’t get pulled in to other people’s battles.
 - b. Is this really worth taking a stand? If not - drop it!
 - c. This alone would greatly reduce family strife!
3. Choose words that are likely to reduce anger rather than magnifying it
A gentle answer turns away wrath, but a harsh word stirs up anger. Proverbs 15:1

A hot-tempered man stirs up dissension, but a patient man calms a quarrel. Proverbs 15:18
 - a. Our words can calm the situation or make it worse
 - b. The wise person does not look to stir up anger but to bring peace

- D. The wise person asks the Spirit to develop a patient, controlled spirit within them
Better a patient man than a warrior, a man who controls his temper than one who takes a city. Proverbs 16:32

1. The Spirit's fruit of patience and self-control is highly valued by God - better than a conquering warrior!
2. Ultimately to control our anger (our spirit) we need the Holy Spirit to change us from within.
3. This means we need to become people who are not easily offended or easily angered
A fool shows his annoyance at once, but a prudent man overlooks an insult. Proverbs 12:16
 - a. MANY today are easily offended and angered
 - b. Our culture rewards those who speak and act with anger and rage, and who can seemingly become angered and offended over almost anything - this is how you get attention in media, social media and build a platform and following. But this is the path of the fool.
4. Better to be a patient, controlled person who overlooks offenses, than a raging, angry person who "conquers" others in arguments and becomes a fool in the process.

E. The wise person realizes the limits of human anger, and trust God's Wise, Sovereign rule

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; ²⁰ for the anger of man does not produce the righteousness of God. James 1:19-20 (ESV)

1. The anger of man does not produce the righteousness of God.
2. We think our anger is going to produce godly results, but this is virtually never the case. Usually it only makes matters worse.

Be still before the Lord and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes. ⁸ Refrain from anger and turn from wrath; do not fret — it leads only to evil. ⁹For evil men will be cut off, but those who hope in the Lord will inherit the land. Psalm 37:7–9

3. Our fretting and anger over the works of evil men only leads to more evil. It almost never produces a good result for the anger of man does not accomplish the work of God.
4. Rather than fretting over evil, we are called to be still before God and trust in His Sovereign goodness and rule. He will set everything right in His own time and truth, beauty, and goodness will prevail.
5. 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.

IV. Applying the Word

- A. Where is the Spirit showing me I need to grow in this area?
 1. Do I look for or avoid situations likely to breed anger?
 2. Do I listen carefully before responding?
 3. Do I choose my words carefully so I do not spread rage?
 4. Do I ask the Spirit to develop a patient controlled spirit in me?
 5. Do I realize the limits of human anger & trust God's Wise, Sovereign Rule?

B. The Table of the King

1. This Gospel Table is where we can lay down our anger
 - a. Here we are reminded that Christ was broken for our every sin - including our anger & rage
 - b. Here we are reminded that the only solution to sin is the life, death, and resurrection of Christ - not my anger
 - c. Here we are reminded that God offers grace to us - and we should offer it to others
 - d. Here we are reminded that God decisively dealt with sin through the death of Christ - and Jesus will come again to set all right
2. This sacrament is where the Spirit works to free us from rage and to form Christ in us
 - a. Here we freely confess our sin and receive fresh forgiveness
 - b. Here the Spirit works to build faith in us so we grow in trust that God is the Wise, Sovereign King of all
3. Come to the Table of the King!

A fool gives full vent to his anger, but a wise man keeps himself under control. Proverbs 29:11

Controlled In An Age of Rage

Proverbs 29:11

June 2, 2019

Communion

Jude 1:2

Teaching keywords: Wisdom and Knowledge; anger; character; tongue and words

Mercy, peace and love be yours in abundance. Jude 1:2