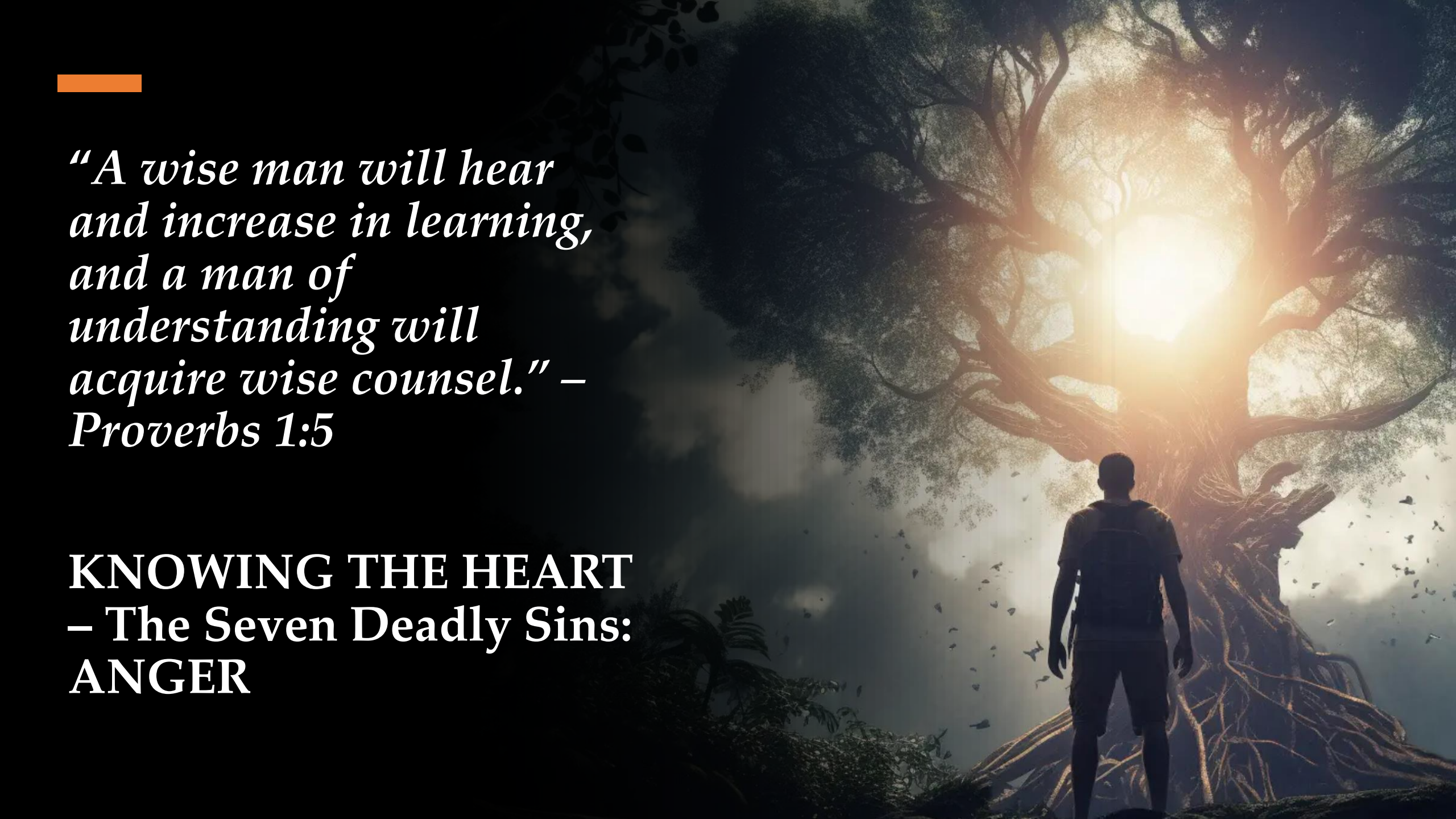


A person stands in silhouette, facing a massive, ancient tree with thick, gnarled roots and a dense canopy. The scene is set against a bright, hazy sky with scattered clouds and falling leaves. The word "WISDOM" is written in large, bold, yellow capital letters across the upper portion of the image, centered over the tree's canopy.

WISDOM

for the journey

A person is silhouetted against a large, ancient tree with a bright light emanating from its center. The scene is set in a dark, misty environment with many small birds flying around. The overall mood is contemplative and spiritual.

*“A wise man will hear
and increase in learning,
and a man of
understanding will
acquire wise counsel.” –
Proverbs 1:5*

**KNOWING THE HEART
– The Seven Deadly Sins:
ANGER**

A person stands in silhouette, facing a massive, ancient tree. Sunlight streams through the canopy, creating a warm, golden glow. The scene is set against a backdrop of a cloudy sky with birds flying. The overall mood is one of contemplation and seeking wisdom.

WISDOM

for the journey

We need help to make decisions about work; all relationships – in speech and conduct; who to trust or avoid; along with being measured by the plumbline of true character. Wisdom from Proverbs offers insight into the concrete experiences of human life that help us take charge of our lives.

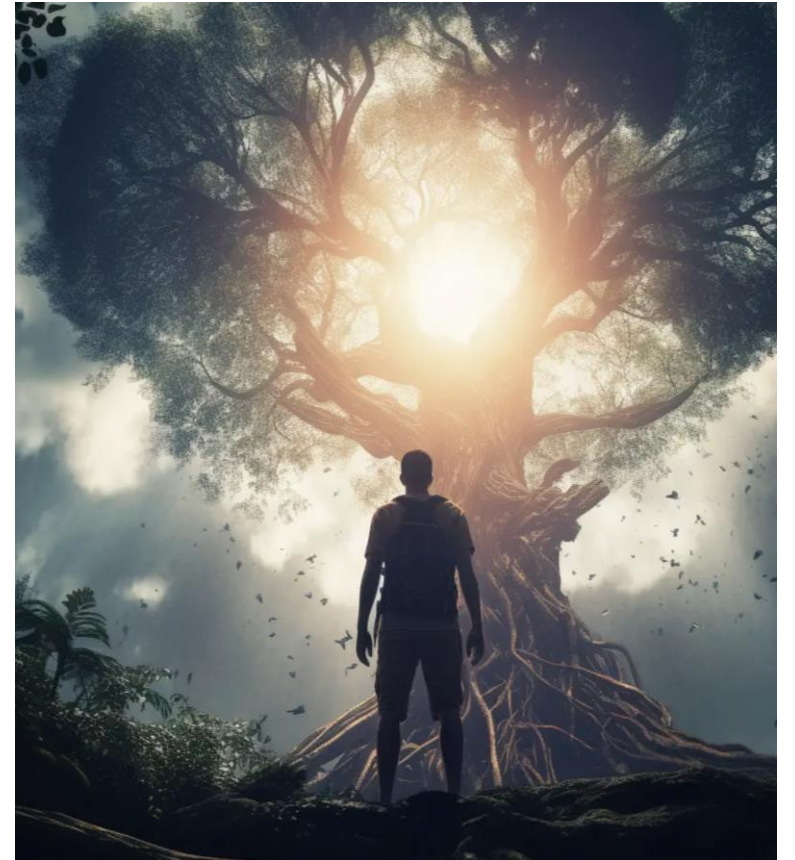
Proverbs is about **how to** live out your faith in God. There is no true wisdom apart from Jesus. Fools are those who rely on their own knowledge to navigate life.

In this study, we will look and listen to hear God's voice and see his Son shining through the book of Proverbs. We will be equipped in every way for our journey!

THE SEVEN DEADLY SINS: ANGER

– What does your Anger tell us about you?

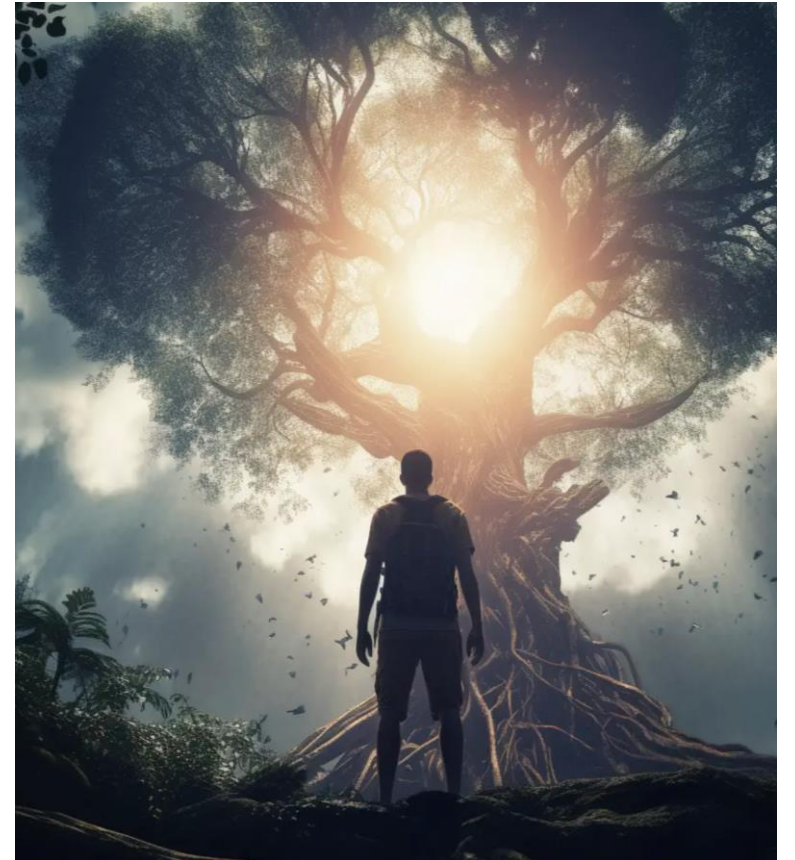
1. **THE DANGER OF ANGER** - Proverbs 14:29, 15:18, 29:11, 22 → A wise man is patient with people, seeing extenuating circumstances and legitimate reasons that people misbehave.
 1. **QUICK-TEMPERED** → By contrast, those who respond in rage rather than understanding, reducing everything to a simplistic black-and-white analysis (14:29).
 2. **GREATER CONFLICT** → Anger creates greater conflict and destroys the good that cooperation and compromise can bring (15:18).
 3. **EXCESSIVE** → While anger is not a sin in and of itself, it should be a passing thing, directed without excess to solve a problem, resulting in calm at the end (29:11).
 4. **"GATEWAY DRUG"** → Uncontrolled anger can lead to many other sins (29:22). No other sinful emotion has led to so much violence and, literally, to so many dead bodies.



THE SEVEN DEADLY SINS: ANGER

– The poison lives in you!

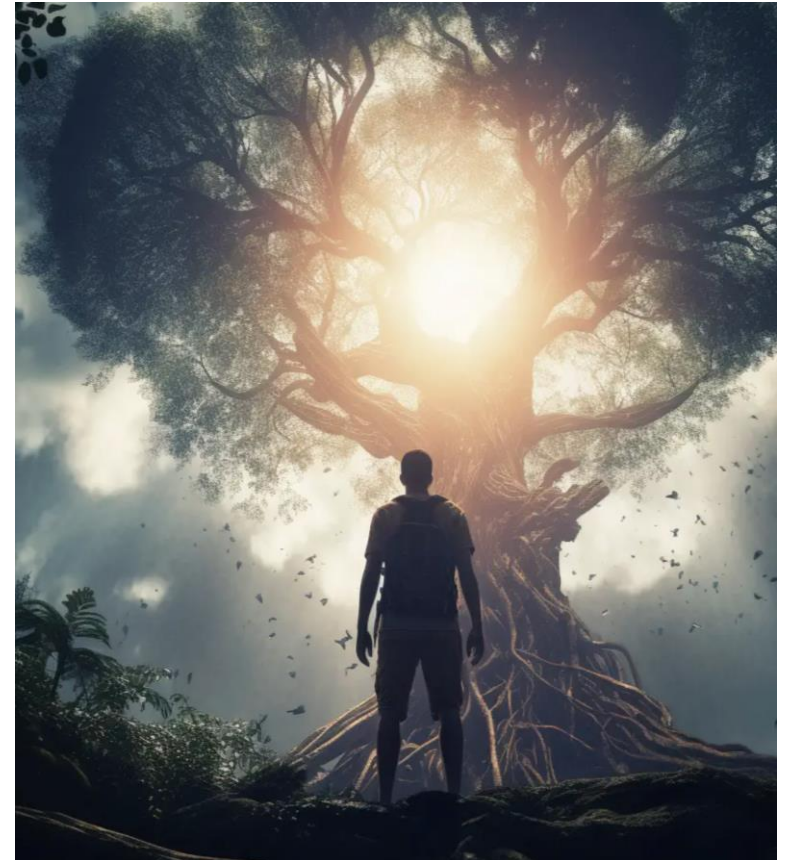
1. **YOUR OWN WORST ENEMY** - Proverbs 19:19 → The Hebrew meaning reveals that the characteristically angry man “carries around punishment.” Their loss of temper always entails natural consequences that they can’t escape. Explosive anger destroys trust.
2. **UNDERCURRENT OF ANGER** → There is a kind of Christian who is habitually abrasive, critical, and ungenerous in dealing with people. They are seldom affirming and usually undiplomatic. They are prone to harsh language and cutting humor and they bristle easily when confronted.



THE SEVEN DEADLY SINS: ANGER

- How can you diffuse the problem?

1. **HELPING THE ANGER** - Proverbs 15:1 → The first way to help an angry person is to surround them with nonangry speech. Abrasive words create more anger. Remember, a single *harsh* word can be a spark to stir up a blazing fire or rage. The word *harsh* means painful. If you speak to make the other person feel foolish or bad, you can destroy a relationship.
2. **GENTLE ANSWER** → Speaking patiently, tenderly, as affirmatively as possible, and always calmly. One of the best ways to help an angry person learn patience is to surround him with patient people. A gentle answer must still be truthful (Eph. 4:15) but filled with evident concern and no ill will.





ACTION: JOURNAL THIS!

1. What relationship are you aware that was damaged by anger?
2. What consequences have you experienced due to anger?
3. When was the last time you had an argument? Were your words gentle?