

Get Cookin'

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

Let's Eat!

There is nothing that can bring a person down faster than his or her own anger. As the verse above says, you are a fool if you act on your anger and get out of control. Anger is a real problem in relationships and I would imagine a large part of counseling sessions worldwide deal with some aspect of anger or its aftermath.

So, a big question is how do we deal with anger? It is important to note that anger by itself is not sin. Ephesians 4:29 says, "Be angry, and yet do not sin;" It is obvious that Jesus was angry when he made a whip and ran the moneychangers out of the temple, but yet it is still a very important truth to know that Jesus lived a sinless life (John 2:15, 2 Cor. 5:21).

Knowing that anger in and of itself is not sin, what we must focus on is how we deal with our anger. To deal with it anger, we must find its source. Ask each family member where anger comes from. Did anyone mention a friend? A family member? How about your self? James 4:1 says that fights and quarrels (an obvious sin stemming from anger) come from the "desires within you." The root of anger is not really others, but our own selfish desires. We need to continually ask God to make us Christ-like so that we can put others before ourselves. When we are *other centered* and not self-centered, anger is controlled and fights and quarrels diminish.



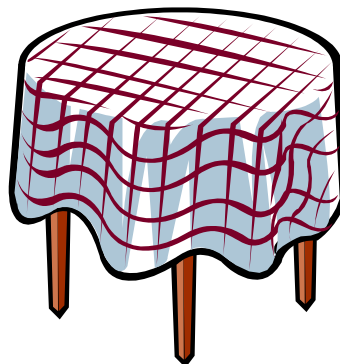
The Main Dish:



Anger is not necessarily wrong, it is what you do with it that matters. Offer your anger to the Lord and ask Him to help you not to sin.

- 🔑 A way that some people deal with anger is to keep it all inside. What do you think will eventually happen to this kind of person?
- 🔑 In multiple places in the Word, it is said of God that He is "slow to anger." What situations have made you angry this week? If that same situation comes up again, how can you become slow to anger?
- 🔑 Having a cool temper is part of living a wise life. What are some other characteristics of a wise life that our study of Proverbs has focused on? Which characteristics are you displaying in your life? Which ones need more work?

Table Talk



Read: Proverbs 29:8-22;
Nehemiah 9:17
Memory Verse:
Proverbs 29:8