

Announcements:

- May 13th: Friday Game-night @ the Reasens
- May 21st: College Student Welcome Home (12-2pm; 2-3pm)
- June 1st: Welcome High School Seniors
- June 11th: Midwest Singles Conference (all day)



PROVERBS — WISDOM FOR EVERYDAY LIFE —



Lesson 6: Flaring Your Nostrils: A Lesson on Anger

The Attributes of Anger

- Forms of Anger:
 - <u>Short</u>-tempered (Prov. 12:16; 14:17).
 - o Bitterness (Prov. 14:10)
 - $\circ \ \underline{Wrath}(Prov. 15:1)$
 - o Rage (Prov. 19:3)
 - Lying and Slander (Prov. 10:18).
- Sources of Anger:
 - Anger is an issue of the <u>heart</u> (Prov. 14:10; Matt. 5;21-22).
 - Anger is often directed at <u>God</u> (Prov. 16:4; 19:3).
 - Anger comes from a lack of proper <u>perspective</u> (Prov. 14:29).
 - <u>Jealous</u> anger is the worst kind (Prov. 6:34-35; 27:3-4).
- Approaches to Anger:
 - o Vent it out (Prov. 12:16; 14:29; 25:28).
 - Provoke it (Prov. 15:1, 18; 20:2; 22:8; 29:22; 30:33).
 - $\circ \ \ \underline{\text{Defuse}} \text{ it (Prov. 15:11, 16:14, 24; 21:14; 29:8).}$
 - <u>Dismiss</u> it (Prov. 14:29; 19:11).
 - Excuse it.

The Effects of Anger

- No <u>peace</u> or rest (Prov. 29:9; 30:33).
- Anger brings more <u>anger</u> (Prov. 15:18; 19:11; 29:22; 30:33)
- Anger results in <u>repeated</u> punishment (Prov. 19:19).
- Anger can destroy relationships with <u>authorities</u> (Prov. 14:35; 19:12; 20:2).
- Anger can lead to <u>death</u> (Prov. 16:14).
- Anger brings on $\underline{Failure}$ (Prov. 22:8).



The Antidotes for Anger

- In others:
 - $\circ \quad A \underline{soft} answer (Prov. 15:11)$
 - A kind, impactful <u>gift</u> (Prov. 21:14).
 - Allow them to suffer the full <u>consequences</u> (Prov. 19:19).
 - Be a <u>peacemaker</u> (Prov. 16:14; 29:8).
 - Don't <u>rejoice</u> in their failures (Prov. 24:17-18).
- In ourselves:
 - $\circ \quad \text{Walk in the } \underline{\text{Spirit}} \, (\text{Gal. 5:16}; \textbf{22-26}).$
 - Love (Prov. 24:17-18)
 - <u>Patience</u> (Prov. 14:29; 15:18; 19:11).
 - <u>Self-control</u> (Prov. 16:32; 25:28).
 - Avoid <u>friendships</u> with angry people (Prov. 22:24-25).



Prayer

Scripture: And he that hath no rule over his own spirit is a like a city that is broken down, and without walls. Prov. 25:28

Single Focus/Cross Impact Requests:

- Cross Impact
 - Our members church-connectedness and growth in the summer time
 - o Preparations for Next Fall
- Single Focus
 - College Students coming home
 - o Integrating High School Seniors
 - o Upcoming events (Game Night, Welcome Home, MSC, etc.)
- Purdue Cross Impact Effort
 - 12 total students over 10 meetings
 - Chartering now
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Specific Requests:

- Dornbirers as dad recovers from surgery and prepares for more radiation.
- Ryon's dad with medical diagnosis and seeking 2nd medical opinion
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