

God Values Patience and Self-Control More Than a Warrior Who Conquers a City

Proverbs 16:32

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Big Idea: God Values Patience and Self-Control More Than a Warrior Who Conquers a City

Proverbs 16:32

Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

Prov. 16:32 (NIV)

Better a patient man than a warrior, a man who controls his temper than one who takes a city.

Prov. 16:32 (NLT)

Better to be patient than powerful; better to have self-control than to conquer a city.

1. Having patience is better than being a hero (16:32a).

Whoever is slow to anger is better than the mighty,

> *Why is patience better than being a hero? Because controlling one's anger is the greatest exercise of strength one will ever display.*

> *The book of Proverbs says there are two paths, the path of wisdom and the path of folly.*

- *The wise are slow to anger.*

Proverbs 14:29

Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.

Proverbs 19:11

Good sense makes one slow to anger, and it is his glory to overlook an offense.

- *The fool gives full vent to his anger.*

Proverbs 29:11

A fool gives full vent to his spirit, but a wise man quietly holds it back.

James 1:19-20

19 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.

> *God says he is slow to anger (Exod. 34:6; Num. 14:18; Joel 2:13; Jonah 4:2; Nahum 1:3; Ps. 86:15; 103:8; 145:8; Nehemiah 9:17).*

Psalm 86:15

But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.

A. The nature of anger

i. *Anger is a strong feeling of displeasure, and usually opposes something or someone.*

- *It identifies a perceived wrong.*

- *It takes a stance of disapproval and feels displeasure.*

- *It moves to action to do something about it.*

ii. *Anger destroys relationships.*

- 7). > It is a sin (Rom. 1:26-31; 1 Cor. 6:9-10; Gal. 5:19-21; Eph. 4:25-31; Col. 3:5-7; 2 Tim. 3:1-7).
- > It leads a destructive army (2 Cor. 12:20; Gal. 5:20; Eph. 4:31; Col. 3:8).
- Resentment is anger held on to. It is internalized anger.
 - Bitterness is resentment that has grown into a feeling of ongoing animosity.
 - Enmity and hostility are essentially synonymous and denote a higher level of ill will or animosity than does bitterness.
 - Grudge is used five times in the Bible. It is a word associated with taking revenge on the object of the grudge.

Romans 12:19-21

19 Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord." 20 To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head." 21 Do not be overcome by evil, but overcome evil with good.

- Strife describes open conflict or turmoil between two parties.

iii. Anger expresses itself in different ways.

- > Exploders
- > Conflict avoiders
- > Passive-aggressive

iv. Anger is connected to worship.

When anything in life is an absolute requirement for your happiness and self-worth, it is essentially an 'idol,' something you are actually worshiping. When such a thing is threatened, your anger is absolute. Your anger is actually the way the idol keeps you in its service, in its chains. Therefore if you find that, despite all the efforts to forgive, your anger and bitterness cannot subside, you may need to look deeper and ask, 'What am I defending? What is so important that I cannot live without?' It may be that, until some inordinate desire is identified and confronted, you will not be able to master your anger." **Tim Keller**

- > How do you know if your anger is righteous?
 - It is being angry at what makes God angry.
 - It is concerned about God's glory.
 - It is governed by love.

1 Corinthians 13:4-7

4 Love is patient and kind; love does not envy or boast; it is not arrogant 5 or rude. It does not insist on its own way; it is not irritable or resentful; 6 it does not rejoice at wrongdoing, but rejoices with the truth. 7 Love bears all things, believes all things, hopes all things, endures all things.

- It is grieved by evil.

B. The danger of anger.

i. Anger exalts folly.

Proverbs 14:17

A man of quick temper acts **foolishly**, and a man of evil devices is hated.

ii. Anger stirs up strife.

Proverbs 29:22

A man of wrath stirs up strife, and one given to anger causes much transgression.

Proverbs 15:18

A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.

iii. Anger is contagious.

Proverbs 22:24-25

*24 Make no friendship with a man given to anger, nor go with a wrathful man,
25 lest you learn his ways and entangle yourself in a snare.*

iv. Anger can make you liable to judgment (Matt. 5:21-24).

v. Anger gives a beachhead for the devil.

Eph. 4:26-27

26 "Do not let the sun go down on your anger, 27 and give no opportunity to the devil."

vi. Anger hinders our gospel witness.

2. Having self-control is better than heroic accomplishments (16:32b).

he who rules his spirit than he who takes a city.

> Why is having self-control better than heroic accomplishments?

Because conquering one's self is the greatest battle one will ever win.

Psalm 19:13

*Keep back your servant also from presumptuous sins; let them not have dominion over me!
Then I shall be blameless, and innocent of great transgression.*

A. God's battle plan to conquer your sinful anger.

i. Know that the heart is the field of battle.

A great conflict and a glorious victory are set out here. The heart is the field of battle. All its evil and powerful passions are deadly foes. They must be met and triumphed over in God's strength." - Bridges

ii. Exercise self-control by the power of the Holy Spirit (Gal. 5:22-23).

Galatians 5:22-23

*22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness,
faithfulness, 23 gentleness, self-control; against such things there is no law.*

- Self-control is the practice of maintaining control of your passions, desires, affections, and appetites.

- Self-control is a wall of protection (Prov. 25:28).

Proverbs 25:28

A man without self-control is like a city broken into and left without walls.

- Self-control in bringing our selves under the control of Christ.

iii. Put your anger to death before bedtime (Eph. 4:26-27).

Ephesians 4:26-27

*26 Be angry and do not sin; do not let the sun go down on your
anger, 27 and give no opportunity to the devil.*

Ephesians 4:31

*Let all bitterness and wrath and anger and clamor
and slander be put away from you, along with all malice.*

B. God's anger that our sin deserved fell on Jesus.

Isaiah 53:4-6

*4 Surely he has borne our griefs and carried our sorrows;
yet we esteemed him stricken, smitten by God, and afflicted.*

*5 But he was pierced for our transgressions; he was crushed for our iniquities;
upon him was the chastisement that brought us peace, and with his wounds we are healed.*

*6 All we like sheep have gone astray; we have turned—everyone—to his own way;
and the LORD has laid on him the iniquity of us all.*