

# **Anger Management**

## **Proverbs 16:32**

### **Introduction**

#### **I. The Core of Anger**

14:17, 29; 29:11

A. Holy Anger

B. Harmful Anger

#### **II. The Cost of Anger**

A. Divisive (10:12; 15:18)

B. Destructive (14:29-30; 19:19; 27:4)

#### **III. The Control of Anger**

16:32      29:8

A. Be Repentant (28:13)

B. Be Restrained (14:29; 16:32; 19:11)

C. Be Removed (22:24-25)

D. Be Redemptive (10:12; 19:11; 24:29)

### **Conclusion**

