

Mommy Talks

March 18, 2026

Rule Your Spirit: Dealing with Sinful Anger in Parents and Children

*“He who is slow to anger is better than the mighty,
And he who rules his spirit, than he who captures a city.” – Proverbs 16:32*

I. **Recognize the Sin of Anger**

*Psalm 103:8; Ephesians 4:26; Psalm 37:8; Ephesians 4:31; Colossians 3:8;
Psalm 4:4; Ecclesiastes 7:9; Proverbs 12:16 LSB; Proverbs 29:8, 11; Proverbs
30:33; James 1:19-20; Proverbs 25:28; Proverbs 22:24-25*

II. **Review Our Hearts and Minds**

Nuggets of truth and wisdom to help correct our thinking:

- A. God is sovereign over all, including what happens to me and around me (*Ephesians 1:11*)
- B. God's timing is perfect, not mine (*Galatians 6:9*)
- C. Vengeance is the Lord's (*Romans 12:19*)
- D. My responsibility is to obey (*1 John 5:3*)(*1 Corinthians 10:13*)
- E. My anger will not accomplish anything good (*James 1:19-20*)
- F. Choose to dwell on things above (*Colossians 3:2*)

Matthew 5:21-22; Colossians 3

III. **Rule Our Spirits**

Navigating the temptation to be sinfully angry:

1. Recognize the cues that your spirit is becoming unruly
2. Resolve to work your plan
3. Regain your countenance
4. Rule your spirit

Ephesians 4:32; Colossians 3:12-14; Proverbs 19:11; Proverbs 14:29; Proverbs 25:15 LSB; Proverbs 15: 1, 18; 1 Peter 2:21-23

Resources for further study:

Anger, Anxiety, and Fear: A Biblical Perspective by Stuart Scott

Anger Management (part of the *Christian Directory* series) by Richard Baxter

Respectable Sins by Jerry Bridges

Uprooting Anger: Biblical Help for a Common Problem by Robert D. Jones

The Heart of Anger: Practical Help for the Prevention and Cure of Anger in Children by Lou Priolo

Questions for Discussion:

1. Having a clear understanding of righteous and unrighteous anger and the expressions of it (yelling, sharp tongue, clamming up, sighing, etc.), do you see sinful behavior in yourself and your children? What are some common scenarios that you see the temptation to be sinfully angry in you or your children?
2. To have victory over sinful anger, you must start with your mindset. If you see a pattern of sinful anger in yourself or your children, what worldly philosophies or wrong thinking might be present? How is this affecting your home and relationships? (Ex. Gentle parenting vs Biblical parenting, justifying sinful anger because of other's behavior, lacking self-control instead of ruling your spirit, creating chaos instead of calm.) What other nuggets of truth and wisdom do you remind yourself of when you are uprooting and replacing wrong thinking?
3. Even though your angry responses may be a well-worn path in your behavior, why is it important to understand that anger is a choice? What are some ways this truth helps you as you teach, correct, equip, and evangelize your children?
4. Reflect on the verses below. How would your parenting and your relationships with your husband and children look different if you didn't choose the path of the fool? How might your home be changed?

"A man's discretion makes him slow to anger, and it is his glory to overlook a transgression." Proverbs 19:11

"He who is slow to anger has great understanding, but he who is quick-tempered exalts folly." Prov 14:29

"When one is slow to anger, a ruler may be persuaded. And a soft tongue breaks the bone." Prov 25:15 LSB

"A gentle answer turns away wrath, but a harsh word stirs up anger." Prov 15:1

"A hot-tempered man stirs up strife, but the slow to anger calms a dispute." Prov 15:18

5. Ruling your spirit is where right thinking is put into practice. It's hard work! You must have a plan of action and be resolved to implement it. What are some helps you currently practice to rule your spirit and not give into sinful anger? If you have children who are angry, what are some things that have been fruitful in your efforts to teach and discipline them? Spend the rest of the time encouraging one another.