

Get Smart: A Study in Proverbs

Study 5: Keep your Cool

Wisdom and Anger

Much conflict is under girded by feelings of anger. If we are going to be wise in conflict situations, we need to know how to handle our anger and how to respond to angry people.

- Proverbs 12:16 A fool shows his annoyance at once, but a prudent man overlooks an insult.
- Proverbs 15:1 A gentle answer turns away wrath, but a harsh word stirs up anger.
- Proverbs 15:18 A hot-tempered man stirs up dissension, but a patient man calms a quarrel.
- Proverbs 16:32 Better a patient man than a warrior, a man who controls his temper than one who takes a city.
- Proverbs 20:3 It is to a man's honor to avoid strife, but every fool is quick to quarrel.
- Proverbs 29:8 Mockers stir up a city, but wise men turn away anger.
- Proverbs 29:11 A fool gives full vent to his anger, but a wise man keeps himself under control.
- Proverbs 29:22 An angry man stirs up dissension, and a hot-tempered one commits many sins.
- Proverbs 27:4 Anger is cruel and fury overwhelming, but who can stand before jealousy?
- Proverbs 30:33 For as churning the milk produces butter, and as twisting the nose produces blood, so stirring up anger produces strife."

Appeasement

- Proverbs 16:14 A king's wrath is a messenger of death, but a wise man will appease it.
- Proverbs 20:2 A king's wrath is like the roar of a lion; he who angers him forfeits his life.
- Proverbs 21:14 A gift given in secret soothes anger, and a bribe concealed in the cloak pacifies great wrath.