Persisting under Pressure of anger – Pr. 19:11

A man’s discretion makes him slow to anger, and it is his glory to overlook a transgression – NASB

Sensible people control their temper, they earn respect by overlooking wrongs – NLT

Good sense makes a man slow to anger, and it is his glory to overlook an offense – RSV

**The pressure of anger**

1. The passion of anger is all around us today!
2. The news is filled with reports of angry people.
3. Homes, the workplace & even church can be places where angry people act in angry ways!
4. Anger is a toxic emotion that destroys self – control & releases powerful, dangerous actions
5. Many today I am speaking to are living in anger. You might be angry with God, others or even yourself!

**How do we persist under the pressure to get angry?**

**Hear God’s Word**

1. **The person who lives with discretion is slow to become angry**

*“A man’s discretion makes him slow to anger”*

1. **The person of discretion is a person who is saved & filled with the Holy Spirit**

*“walk in a manner worthy of the calling with which you have been called, with all humility & gentleness, with patience, showing tolerance for one another in love”*

1. **The person who is slow to anger earns the respect of others**

*“it is his glory to overlook a transgression”*

1. **The person who is slow to anger reveals the work of God in his emotions**

*“it is his glory to overlook a transgression”*

**Believe God’s Word – Listen to these instructions for living with self – control over your anger**

1. Pr. 14:29 – He who is slow to anger has great understanding, the quick tempered exalt folly
2. Pr. 15:1 – a gentle answer turns away wrath, harsh words stir up anger
3. Pr. 16:32 – he who is slow to anger is better than the mighty, he who rules his spirit, than he who captures a city
4. Eccl. 7:9 – do not be eager in your heart to be angry, for anger resides in the bosom of fools
5. James 1:19 -20 – be quick to hear, slow to speak, and slow to anger, for the anger of man does not achieve the righteousness of God

**Live God’s Word**

1. Face your anger – confess it to God
2. Ask the Lord to help you control your anger
3. Put away your anger, wrath, malice & abusive speech as a follower of Jesus Christ Col.3:8
4. Remember your anger will never accomplish God’s purposes
5. Don’t associate with a man given to anger, or a hot – tempered man, or you will learn his ways and find a snare for yourself – Pr. 22:24 -25
6. Never take your own revenge, leave room for the wrath of God, for it is written, vengeance is mine, I will repay, says the Lord

**A man’s discretion makes him slow to anger, and it is his glory to overlook a transgression**

**Pr. 19:11**