



WISDOM FOR THE JOURNEY

“A wise man will hear and increase in learning, and a man of understanding will acquire wise counsel.”

– Proverbs 1:5

Men have always needed wisdom. We need help to make decisions about work; all relationships – in speech and conduct; who to trust - or avoid; along with being measured by the plumb line of true character. Wisdom from Proverbs offers insight into the concrete experiences of human life that help us take charge of our lives.

Proverbs is about **how to** live out your faith in God. There is no true wisdom apart from Jesus. Fools are those who rely on their own knowledge to navigate life.

In this study, we will look and listen to hear God’s voice and see his Son shining through the book of Proverbs. We will be equipped in every way for our journey! So, let’s dig in!

Highland Colony Men’s Roundtable
www.MensTable.com

**WISDOM FOR THE JOURNEY: Knowing the Heart-
The Seven Deadly Sins - ANGER!**

April 18, 2024

A man needs wisdom for his journey. We can find that wisdom in Proverbs as we are pointed to Jesus.

Scripture: Proverbs 14:29; Proverbs 15:18; Proverbs 29:11; Proverbs 29:22; Proverbs 19:19; Proverbs 15:1; Ephesians 4:14-16

Music: Toby Keith - Courtesy of The Red, White And Blue (The Angry American) - <https://www.youtube.com/watch?v=Zua8MJxnAwE>

Video: Antwone Fisher - Antwone Makes a Scene - <https://www.youtube.com/watch?v=ucQmXLgGIVA>

Antwone Fisher - Nobody Is Leaving Me Anymore - <https://www.youtube.com/watch?v=mevMxitxPGk>

Resources - GOD’S WISDOM for NAVIGATING LIFE by Timothy Keller

PROVERBS FOR YOU by Kathleen Nielson

THE SEVEN DEADLY SINS: ANGER – What does your Anger tell us about you?

1. _____ - Proverbs 14:29, 15:18, 29:11, 22 → A wise man is patient with people, seeing extenuating circumstances and legitimate reasons that people misbehave.
 1. _____ → By contrast, those who respond in rage rather than understanding, reducing everything to a simplistic black-and-white analysis (14:29).
 2. _____ → Anger creates greater conflict and destroys the good that cooperation and compromise can bring (15:18).
 3. _____ → While anger is not a sin in and of itself, it should be a passing thing, directed without excess to solve a problem, resulting in calm at the end (29:11).
 4. _____ → Uncontrolled anger can lead to many other sins (29:22). No other sinful emotion has led to so much violence and, literally, to so many dead bodies.

THE SEVEN DEADLY SINS: ANGER – The poison lives in you!

1. _____ - Proverbs 19:19 → The Hebrew meaning reveals that the characteristically angry man “carries around punishment.” Their loss of temper always entails natural consequences that they can’t escape. Explosive anger destroys trust.
2. _____ → There is a kind of Christian who is habitually abrasive, critical, and ungenerous in dealing with people. They are seldom affirming and usually undiplomatic. They are prone to harsh language and cutting humor and they bristle easily when confronted.

THE SEVEN DEADLY SINS: ANGER – How can you diffuse the problem?

1. _____ - Proverbs 15:1 → The first way to help an angry person is to surround them with nonangry speech. Abrasive words create more anger. Remember, a single *harsh* word can be a spark to stir up a blazing fire or rage. The word *harsh* means painful. If you speak to make the other person feel foolish or bad, you can destroy a relationship.
2. _____ → Speaking patiently, tenderly, as affirmatively as possible, and always calmly. One of the best ways to help an angry person learn patience is to surround him with patient people. A gentle answer must still be truthful (Eph. 4:15) but filled with evident concern and no ill will.

ACTION: JOURNAL THIS!

1. What relationship are you aware that was damaged by anger?
2. What consequences have you experience due to anger?
3. When was the last time you had an argument? Were your words gentle?



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SCRIPTURE

<p>Proverbs 14:29 - 29 Slowness to anger makes for deep understanding; a quick-tempered person stockpiles stupidity.</p> <p>Proverbs 15:18 - 18 Hot tempers start fights; a calm, cool spirit keeps the peace.</p> <p>Proverbs 29:11 - 11 A fool lets it all hang out; a sage quietly mulls it over.</p> <p>Proverbs 29:22 - 22 Angry people stir up a lot of discord; the intemperate stir up trouble.</p> <p>Proverbs 19:19 - 19 Let angry people endure the backlash of their own anger; if you try to make it better, you'll only make it worse.</p>	<p>Proverbs 15:1 - 1 A gentle response defuses anger, but a sharp tongue kindles a temper-fire.</p> <p>Ephesians 4:14-16 - 14 No prolonged infancies among us, please. We'll not tolerate babes in the woods, small children who are an easy mark for impostors.15 God wants us to grow up, to know the whole truth and tell it in love - like Christ in everything. We take our lead from Christ, who is the source of everything we do.16 He keeps us in step with each other. His very breath and blood flow through us, nourishing us so that we will grow up healthy in God, robust in love. The Old Way Has to Go</p>
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"Courtesy Of The Red, White And Blue" By Toby Keith

<p>American Girls and American Guys We'll always stand up and salute We'll always recognize When we see Old Glory Flying There's a lot of men dead So we can sleep in peace at night When we lay down our head My daddy served in the army Where he lost his right eye But he flew a flag out in our yard 'Til the day that he died He wanted my mother, my brother, my sister and me To grow up and live happy In the land of the free Now this nation that I love Has fallen under attack A mighty sucker punch came flyin' in From somewhere in the back</p>	<p>Soon as we could see it clearly Through our big black eye Man, we lit up your world Like the 4th of July Hey, Uncle Sam Put your name at the top of his list And the Statue of Liberty Started shakin' her fist And the eagle will fly And there's gonna be hell When you hear Mother Freedom Start ringin' her bell And it'll feel like the whole wide world is raining down on you Oh, brought to you Courtesy of the Red, White and Blue Oh, justice will be served And the battle will rage This big dog will fight</p>	<p>When you rattle his cage And you'll be sorry that you messed with The U.S. of A 'Cause we'll put a boot in your ass It's the American way Hey, Uncle Sam Put your name at the top of his list And the Statue of Liberty Started shakin' her fist And the eagle will fly And there's gonna be hell When you hear Mother Freedom Start ringin' her bell And it'll feel like the whole wide world is raining down on you Oh, brought to you Courtesy of the Red, White and Blue Oh, oh, of the Red, White and Blue Oh, oh, of my Red, White and Blue</p>
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