**The Book Of Proverbs – What Proverbs Says About Compassion And Anger**

**\*\* As we begin:**

* Today we are continuing our study in Proverbs and will focus this week on our emotions.
* Emotions are not bad in themselves. They were given to us by God. It is what we do with them that is important.
* Jesus had emotions but they were always kept under control because He was the God-Man. Jesus was rightly angry **(Mk. 3:5)** and was moved with compassion **(Mt. 15:32)**.

**Compassion And Anger**

**3 things regarding compassion/pity**

**When we are not hiding sins, it helps us to be compassionate – Pro. 28:13**

* We know that sin affects us spiritually, emotionally, and physically. See **Ps. 32:3-4**.
* **Pro. 28:13** tells us that whoever tries to “conceal” (hide, cover) their sins will not prosper.
* Remember that even if someone, humanly speaking, seems to prosper in their sins, will one day stand before the ultimate Judge, God Himself.
* We are to handle our sins in two ways: **(1)** we are to “confess” (to cast by the extended hand) and **(2)** “forsake” (abandon, leave) our sins. When we do we receive God’s mercy, something as Christ followers we get to enjoy each day.
* **Point:** When we understand God’s mercy and constant care for us, even when we do not deserve it, we are able to show mercy and compassion to others and it does move us emotionally.

**We must tune in to the needs of others to experience compassion – Pro. 28:27**

* This verse is not a promise of financial riches, but it is a promise that God will take care of us.
* Note the second part of the verse. The person who “hides” (turn away from, implying neglect) their eyes or ignores the needs and struggles of others, will not experience God’s rest and peace.

**When moved emotionally by mercy, we do see and help the less fortunate – Pro. 19:17**

* Probably many of us have been “taken” by someone who played on our emotions to try to get something from us by claiming they had a need for financial help.
* **Pro. 19:17** reminds us that there are people with genuine needs. The word “poor” can mean “weak, think, low.” It can describe someone going through tough times, financial or otherwise.
* **Point:** Look for opportunities to help others, to be moved by their struggles, to engage the best we can to minister to them.

**3 things about anger and how to deal with it**

**Anger usually has a root cause – Pro. 14:29-30**

* Bitterness, for example, can be a root cause of anger (see **Eph. 4:31**).
* The person who is slow to anger has “great understanding” (insight, reason) according to **Pro. 14:29**.
* **Note:** This person knows what happens when anger gets rolling and how destructive it can be. They do not want to go down that road.
* **Vs.** **29** also tells us that the person who is “hasty” (short, impatient) with their temper will be known to others because of their rash response to situations.
* **Vs. 30** tells us that one root cause of anger can be “envy.” An envious person wants what they want. They are jealous of others. Other root causes of anger can be insecurity, pride, self-absorption.

**Anger clouds our decision making and we can look foolish – Pro. 14:17; Pro. 19:19**

* An impatient, quick-tempered individual can act and look foolish **(Pro. 14:17)**.
* People who are controlled by their anger make bad decisions.
* Even if someone regrets their outburst and asks forgiveness, they cannot undo what has happened.
* **Pro. 19:19** tells us that an angry person gets themselves into trouble and we are not to help them or rescue them from the consequences of them blowing up because they will do it again.

**An angry individual looks foolish because they are out of control – Pro. 15:18**

* These people push buttons to get into arguments. They have no self-control when it comes to anger.
* The phrase “hot-tempered” can be translated “burning anger, rage.” They are not dealing with the issue, and they cause dissension and tension.

**\*\* A couple of thoughts on dealing with anger – Pro. 19:11; Pro. 12:16**

* **First**, be aware of “match points.” **Pro. 19:11** talks about how we know what anger does and how we can stop it from taking root. Our response is what God notes. Forgive instead of reacting.
* **Point:** Know the results of anger and have a plan to deal with situations. See **Eph. 4:32**.
* **Second**, “think before speaking.” That is the point of Pro. 12:15-16. An angry person is known. Respond, when needed, in a sensible way. We do not act irrationally or instinctively.
* **Point:** Show wisdom by not acting like the angry person. They may have some things happening in life that we do not know about, and they are angry at everyone. We choose to not be that way.