

Heart of Hearing: Anger Management

By Brett Hilliard, September 14, 2025

1. Dangers of Anger

Destroys health ✓ .

A heart at peace gives life to the body, but envy rots the bones.

Proverbs 14:30 NIV

Destroys relationships ✓ .

A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.

Proverbs 15:18 NIV

Diminishes wisdom ✓ .

Whoever is patient has great understanding, but one who is quick-tempered displays folly.

Proverbs 14:29

Diminishes wisdom ✓ .

A hot-tempered person must pay the penalty; rescue them, and you will have to do it again.

Proverbs 19:19 NIV

2. Essence of Anger

And he passed in front of Moses, proclaiming, "The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness."

Exodus 34:6 NIV

Better a patient person than a warrior, one with self-control than one who takes a city.

Proverbs 16:32 NIV

Be angry and do not sin.

Ephesians 4:26 ESV

3. The Many Faces of Anger

- Shotgun Anger (Cain)

So Cain was very angry...Cain rose up against his brother Abel and killed him.

Genesis 4:5,8 ESV

- Silent but Deadly Anger (Jeremiah)

I sat by myself, because You were there, and You filled me with anger at the evil around me.

Jeremiah 15:17 NCV

- Slow Burn Anger (Older brother)

But he was angry and refused to go in. His father came out and entreated him.

Luke 15:28 ESV

- Sneaky Anger (the Pharisees) But they were filled with fury and discussed with one another what they might do to Jesus.

Luke 6:11 ESV

4. When Anger Goes Wrong

Do not testify against your neighbour without cause – would you use your lips to mislead?

Do not say, “I’ll do to them as they have done to me; I’ll pay them back for what they did.”

Proverbs 24:28-29 NIV

5. Healing Anger

Admit  it

See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many. Hebrews 12:15 NIV

Analyse  it

Do not say, “I’ll do to them as they have done to me; I’ll pay them back for what they did.” Proverbs 24:29 NIV

Transform  it

A gentle answer turns away wrath, but a harsh word stirs up anger.

Proverbs 15:1 NIV

If your enemy is hungry, give him food to eat; if he is thirsty, give him water to drink.

Proverbs 25:21 NIV

Should you then seek great things for yourself? Do not seek them.

Jeremiah 45:5 NIV

When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.

1 Peter 2:23 ESV

REFLECTION QUESTIONS

1. Of the four types of anger, which one do you feel most accurately describes you?
2. Do you feel you have a healthy amount of anger in your life? Is there any unresolved anger that you need to process?
3. How does your faith help you in dealing with anger?