



# *Do Not Provoke Anger*

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*Eph 6:4 "And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord."*

*Col 3:21 "Fathers, do not provoke your children, lest they become discouraged." (NKJV)*



## *Secondary Emotions*

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- Anger and depression are responses to sadness (or hurt), fear & frustration.
- If we don't want to provoke anger or depression we want to prevent from hurting, scaring or frustrating others.
- We know it isn't possible to completely prevent all of these, because people will be scared, hurt or frustrated by things out of our control. And we know discipline isn't joyful in the moment.
- Our goal is to help others (especially our kids) overcome these trials, we don't want to add to them.



# Anger Produces

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- Vengeance
- Wrath
- Contentions
- Strife & Transgressions
- Grudges
- Bitterness, Clamor & Malice
- Man's wrath does not Produce Good
  - James 1:19-20 *"So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God."*



# *Put Away Anger ~ Put On Kindness, Compassion, & Forgiveness*

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- Eph 4:31 *"Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."*
- Replace Sadness with Joy
  - Phil 4:4 *"Rejoice in the Lord always. Again I will say, rejoice!"*
- Replace Fear with Love
  - 1John 4:18 *"There is no fear in love; but perfect love casts out fear, ..."*
- Replace Frustration with Peace
  - John 16:33 *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."*



# *These Provoke Anger*

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- Harsh Words
  - Pro 15:1 “...*But a harsh word stirs up anger.*”
- Wrath
  - Pro 15:18 “*A wrathful man stirs up strife, ...*”
- Arguing
  - Pro 20:3 “*It is honorable for a man to stop striving, Since any fool can start a quarrel.*”



# *These Calm Anger*

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- Soft Answer
  - Pro 15:1 *"A soft answer turns away wrath, ..."*
- Slow To Anger
  - Pro 15:18 *"... But he who is slow to anger allays contention."*
- Rule Your Spirit
  - Pro 16:32 *"He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city."*
- Discretion & Overlook Transgression
  - Pro 19:11 *"The discretion of a man makes him slow to anger, And his glory is to overlook a transgression."*
  - Def. - Discretion - 1A prudence, good sense. 1B insight, understanding.