



For Further Study

Read and meditate on the passage below:

- 15** A gentle answer turns away wrath,
but a harsh word stirs up anger.
² The tongue of the wise adorns knowledge,
but the mouth of the fool gushes folly.
³ The eyes of the Lord are everywhere,
keeping watch on the wicked and the good. (Proverbs 15:1-3)

This passage comes from the wise, pithy sayings of Proverbs, which is a collection of sage advice from ancient Israel. While much of the proverbs are attributed to King Solomon, they are a broader collection of the wisdom of God and an encouragement to pursue wise counsel rather than chasing folly.

In these verses, we are warned against using our words to express our anger. Anger has a place; God gets angry, and we should too. However, how we handle that anger is crucial to reducing and not escalating harm. The sage encourages us to not speak to others with harshness but with gentleness.

A wise person uses their tongue to ask questions and to grow in knowledge. This knowledge should lead to application as we live it out each day. Conversely, when we use our tongue to speak foolishly, we show how foolish we are behaving.

So, we need to keep in mind that God is always watching. Like Santa, who is said to know which boys and girls are naughty and which are nice, the sage tells us that God is keeping a watchful eye on us when we do what is wicked and when we do what is good.

How are you handling your anger? Do you find yourself unleashing and exploding or stuffing and internalizing it? How might you process your anger in a healthy way this week?

PRACTICE:

Evaluate your anger response and how you can better handle it.

