



## Proverbs 15

**Based on Proverbs 15:1**, gentle words have the power to disarm conflict and calm anger, representing strength and emotional maturity. Harsh words escalate tension and provoke further hostility. Choosing a gentle approach requires self-control and wisdom, ultimately building stronger, more understanding relationships.

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### Key Differences and Impacts

- **Gentle Words:** Calm anger, deescalate situations, show empathy, and build trust. They are not a sign of weakness but of strength under control. (empathy is the ability to understand and share the feelings of another person). Example: "I understand your frustration," or "Let's figure this out together."
- **Harsh Words:** Stir up anger, create a "never-ending cycle" of conflict, and can cause deep emotional wounds, especially in children. They often stem from a desire to control, shame, or humiliate. **Example:** "You always mess this up," or "Stop being so ridiculous."

**A gentle answer turns away wrath.** This is true when we are offended and want to offer a harsh answer to some way

## **What turns away wrath?**

“A gentle answer turns away wrath, but a harsh word stirs up anger” (Proverbs 15:1, NIV).

A soft answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise uses knowledge rightly, But the mouth of fools pours forth foolishness. The eyes of the LORD are in every place, Keeping watch on the evil and the good.

**Ephesians 4:26-27** Makes room for anger that is not sin. Be angry and do not sin; do not let the sun go down on your anger and give no opportunity to the devil. The problem is that we are happy to exploit what seems to be a legal loophole. Anger, in its very nature, is self-justifying.

How to let anger out silently? When you can't quiet your thoughts, a change of scenery—even just going into the next room or stepping outside for five minutes – can disrupt the track that your mind is on. Destroy a physical representation of your anger. Print out that email that set you off or write down the things that are upsetting you.

## **10 Healthy Ways to Release Rage**

1. Throw or break something (safely). Physically throwing something can relieve stress and be helpful in the immediate moment. Have a yard? Get out there with a ball or find some rocks to throw if you have enough space.
2. Scream- in private.
3. Sing it out.
4. Dance it out.

5. Do a tough workout.
6. Journal
7. Draw or paint
8. Change your surroundings
9. Destroy a physical representation of your anger. Print out that email that sets you off or write down the things that are upsetting you.
10. Verbalize your anger.

### **How do you know if the voice in your head is God?**

So, you can always take what you are hearing and look to see if it is consistent with what God's word has already said. If it is, you can be fairly assured that you have heard God's voice. God will never tell you to do something that would contradict what His word has said.

**The root causes** of anger stem from a mix of internal and external factors, often masking deeper emotions like fear, hurt, stress, and powerlessness, and can be triggered by perceived threats, injustice, unmet expectations, past trauma (abuse, neglect, bullying), financial/ relationship issues, or certain personality traits and mental health conditions, with anger acting as a defense mechanism against underlying pain or vulnerability.

- **Underlying emotions:** Anger often covers feelings of disappointment, sadness, fear, shame, hurt, or feeling threatened.
- **Perceived Injustice:** Feeling treated unfairly, wronged, or that one's rights are violated.
- **Powerlessness:** Inability to change or improve a situation, leading to frustration.

- **Unmet Expectations:** When reality doesn't align with what one expects from people or situations.
- **Past Trauma:** Unresolved issues from childhood abuse, neglect, bullying, or rejection.
- **Stress:** Chronic stress from work, finances, or daily life.
- **Interpersonal Conflict:** Problems in relationships or feeling misunderstood.
- **Situational Annoyances:** Traffic, waiting in line, or other daily frustrations.
- **Personality Traits:** High neuroticism, low agreeableness, entitlement, or low tolerance for discomfort/ambiguity.
- **Cognitive Patterns:** Rumination, negative thought loops, blaming others, or an external locus of control.
- **Physiological Factors:** Fatigue, hunger, or certain physical/mental health conditions.

**Anger** can be a symptom of conditions like Borderline Personality disorder, Intermittent Explosive Disorder or bipolar disorder.