# Wisdom Needed for Our Time (Part 7): My Anger is On Me (Proverbs) – August 16, 2020

**I. Signs of foolish anger:**

1. I maintain or increase interpersonal conflicts with my words and actions
2. I bring up the memory of the offence leading to further breakdown of a relationship
3. I sin in my anger

**II. How the wise deal with their anger:**

1. They control their anger
2. They make peace in the midst of conflict
3. They do good to their enemies

**III. The hope for angry people: daily repentance toward God according to His Word, leading to a transformed life**

*Scriptural References: Proverbs 15:18; 17:9; 29:22, 11; 15:1; 25:21-22; 20:22; Titus 3:3-7*