

## ANGER #1

Solomon, described in the Scriptures as the wisest man to ever live, left evidence of his great understanding of life in the many proverbs that he wrote. One of the important subjects that he addresses, and mentions multiple times, deals with controlling our emotions, and not allowing ourselves to lose our temper. In Proverbs 19:11 he says, “A man’s discretion makes him slow to anger, and it is his glory to overlook a transgression.”

The first thing he mentions in this verse is a man’s discretion. This is the ability to make a good choice. When someone does or says something that is hurtful or demeaning to us, whether out of malice or simply carelessness, we’re tempted to respond quickly and harshly to pay them back for how we were treated. Discretion, however, would keep us from jumping to conclusions, or over reacting and would help us choose a more appropriate response. Making wise choices in how we let things that others do make us feel, will better equip us to make wise choices in what we do regarding them as well. Losing our temper and acting sinfully is never acceptable. And, there are those times when the best thing we can do is to simply overlook the indiscretions of others.