

Abide in Me

John 15:4
*Bible studies for disciples
who make disciples*



Volume 8 - Number 19

The Week of March 5, 2023

Get Wisdom

Long of Nose

Proverbs 14:29; 15:18; 16:32; 19:11

Welcome to week 9 from our series in Proverbs called *Get Wisdom*. For the next four weeks we will be looking at specific topics in Proverbs that relate directly to our spiritual formation and character. This week we will look at being *slow to anger*, because being hot-tempered or displaying unrighteous anger does not produce the outcome God desires.

READING SELECT PROVERBS

Read the following proverbs circling the phrase *slow to anger* and underlining its benefit or advantage.

Proverbs 14:29 - "Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly."

Proverbs 15:18 - "A hot-tempered man stirs up strife, but he who is slow to anger quiets contention."

Proverbs 16:32 - "Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city."

Proverbs 19:11 - "Good sense makes one slow to anger, and it is his glory to overlook an offense."

DISCUSSING THE ISSUE OF ANGER FROM PROVERBS

Ponder: Unhealthy or destructive anger is all around us. In what ways do you see this played out?

1. Have someone read Exodus 34:5-6

"The Lord descended in the cloud and stood with him there, and proclaimed the name of the Lord. The Lord passed before him and proclaimed, "The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness,"

- To read that God is *slow to anger* means that God is *long of nose*. Verse 6 can literally be translated, "The Lord, the Lord, a God merciful and gracious, long of nose, and abounding in steadfast love and faithfulness." Have someone explain the image.

- What does this say about God's character and how does it affect the way you understand God's anger compared to your own?
- How do you understand God's anger toward evil and His patient love for people at the same time?
- Proverbs 19:11 can also be literally translated, "Good sense makes one long of nose." How does this encourage you to seek God's help in a current situation where you tend to be quick-tempered or have your nose burn out?

2. Read Proverbs 15:18. When have you seen someone live out the second half of this verse? What was the result?

3. Anger has been called a *secondary* emotion, suggesting that the cause of our anger is the primary issue or problem. In other words, we need to look at the thing behind our anger. Here are a few things that when blocked, may provoke sinful anger:

- The need to be successful
- The need to appear smart
- The desire for approval
- The need to be in control

What would you add to this list?

4. What is the difference between human anger and righteous anger?

5. Read Proverbs 24:29 – “Do not say, ‘I will do to him as he has done to me; I will pay the man back for what he has done.’”
What tends to happen when we harbor anger and resentment?

6. What is a source of anger or resentment in your life that you are harboring which needs to be unmoored and let go?

7. Jesus displayed anger. When you think of Jesus’ life and ministry, what were some of the things He got angry about?

8. God desires that we participate with Him in restoring what is broken all around us.
 - What is something that should make you angry? (cf. Ephesians 4:26)

 - Why does unrighteous anger never fix what’s broken?

WRAP UP

Read James 1:19-20 – “Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.”

- In what way is this challenging for you, and how can you invite God to help you be *long of nose* this week?

