



**SERIES: APRIL – YES, YOU CAN! OVERCOMING YOUR STRUGGLES**

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**Wednesday, 04/06/2022**

**Scripture: Proverbs 17:27**

**TITLE: Defeating Anger**

Warning! I'm going to disappoint you. I'm not a perfect parent. I make many mistakes, but none stick out more than when my son fell through our ceiling. Now, you may be wondering: Why is that a parenting fail? Did you push him through the floor? No, of course not.

While cooking lunch in our new home, I heard this crash. I looked around the corner, and there was my son's leg sticking through the ceiling. I freaked out. Not in concern but pure rage. I flipped out. He ran downstairs. He was scared and sorry. I didn't care. I ripped him apart verbally. He cried. He balled.

And what's worse, this horrific scene could have all been avoided? How? Listen to what King Solomon says in Proverbs 17:27 (CSB):

*The one who has knowledge restrains his words, and one who keeps a cool head is a person of understanding.*

You see, instead of seeking understanding as to what and why this happened. I assumed the worst and laid blame in a very unhealthy way. I let anger overtake me. I buried understanding. My son, always the prayer warrior, in the midst of sobbing, said, "Dad, we need to pray." I was so angry I told him to pray. I couldn't.

He prayed, and then my wife tried calming him down and asked, "what happened?" It was at that moment I was overwhelmed with guilt because if I simply had sought understanding, this whole mess could have been avoided.

My son wasn't being malicious. He was being a kid and accidentally missed the joist and put his foot through the ceiling. You see, I was the one who hadn't taken the time to put down the floorboards.

King Solomon said, "*The one who has knowledge restrains his words, and one who keeps a cool head is a person of understanding.*" In another passage, King Solomon calls the hot-headed person a fool.

So here's my challenge for you today: refrain from anger by seeking understanding. Is anger always a sin? No. We are right to become angry given certain criteria. But many of us simply become angry over trivial things. A better way to go is to seek understanding.

So when life throws you a curveball, don't get mad. Get wise by asking questions.

When we seek understanding we will win the day.