

BE A BRINGER

“40 One of the two who heard John speak, and followed Him, was Andrew, Simon Peter’s brother. 41 He first found his own brother Simon, and said to him, “We have found the Messiah” (which is translated, the Christ). 42 And he brought him to Jesus....” John 1:40-42a

A bringer makes one touch each week by investing and inviting someone to Christ and church.

Name three people you will pray for their salvation this week:

PRAYER REQUESTS FOR THE WEEK

“Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you;....” I Samuel 12:23a

ESCAPING TEMPTATION

Handout: 03/08/26
Study Date: 03/15/26

Escaping The Temptation Of Anger

The verse Proverbs 14:29 encapsulates a powerful truth about emotional management and wisdom. At its core, it contrasts two types of individuals: the one who is slow to anger and the one who reacts hastily. The phrase "slow to anger" is indicative of a person who possesses self-control, patience, and discernment. This person understands the weight of their reactions and chooses to respond thoughtfully rather than impulsively.

On the other hand, the latter part of the verse warns against the folly of a hasty temper. Those who react without thinking often find themselves in regrettable situations, leading to conflicts and misunderstandings. The term "exalts folly" suggests that such behavior elevates foolishness, ultimately resulting in consequences that may harm relationships and diminish one's reputation.

In a spiritual context, this verse reminds us that patience is a virtue deeply valued in many faith traditions. It calls us to cultivate understanding and to approach life's challenges with a calm demeanor, reflecting a maturity that leads to better outcomes.

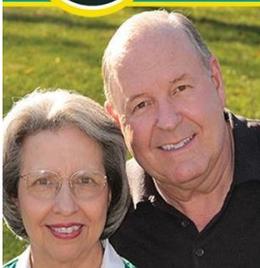
Reflecting on Proverbs 14:29, we can see its relevance in our daily lives. In moments of frustration, whether in our personal relationships, workplaces, or even in traffic, the choice to be slow to anger can transform our interactions. This verse challenges us to assess our emotional responses and consider the long-term effects of our actions.

In a world that often encourages quick reactions and immediate gratification, Proverbs 14:29 stands as a timeless reminder of the value of patience and understanding. Let us embrace this wisdom, allowing it to shape our character and guide our actions in every aspect of our lives.

Resource: bibleverseexplained.com

MISSIONARY OF THE WEEK

Bob and Patsy Green | Hispanic Ministries



PRAISE

- Thank God for the opportunity for Bob to mentor and counsel missionaries preparing to serve the Lord in Central America and even a missionary that is going to Africa.
- Praise God for the opportunity to share Bob's Spanish video course on the book of Acts with Institutes in Latin America.
- Praise God for a missionary in Costa Rica that distributed several copies of Bob's church-planting books at a recent conference to local pastors.

PRAY

- Pray for Bob as his heart went into atrial fibrillation in late November. The Lord protected him through the six weeks of his heart being out of rhythm. He was able to undergo a cardio conversion and it has been beating normally. Please pray that his heart remain strong and in rhythm.
- Pray for the Green's granddaughter, Danielle, who is 31 years old with stage four cancer.

KEY VERSE

Proverbs 14:29 (NKJV)

“He who is slow to wrath has great understanding. But he who is impulsive exalts folly.”

Read Proverbs 14:29 Every Day

WEEKLY READINGS

Monday: Proverbs 14:29, 17:15, 28:13

Resolve To Manage Your Anger

1. What does Proverbs 14:29 call us to as believers in regard to our anger? Are YOU slow to wrath or are you impulsive when you get angry?
2. Proverbs 17:15 sends a clear message to those *“who condemn the just.”* But if we do sin in this way, what must we do according to Proverbs 28:13?

Tuesday: James 4:1; Galatians 5:22-23; Proverbs 15:1

Rely On The Holy Spirit

3. What is James 4:1 suggesting to us in reference to the “root” of conflict? Would you agree that what it suggests is true in regard to your walk?
4. What are the *“fruits of the spirit”* according to Galatians 5:22-23? How many of these qualities do YOU possess and which ones do you lack?

Wednesday: Proverbs 14:17a, 29:11, 22; Psalm 119:11

Remember The Cost Of Anger And Reflect Before Reacting To It

5. What is the cost of *anger* according to Proverbs 29:22? What does it *“stir up”* in us and what is the end result?
6. How will we be “viewed” if we are always quick tempered through life? What answers do Proverbs 14:17a & 29:11 provide for us on this question?

Thursday: Ephesians 4:31; Colossians 3:13; Romans 12:19

Replace Bitterness With Forgiveness

7. What is the connection between harboring bitterness and anger? What does Ephesians 4:31 teach us in regard to this connection?
8. What does Colossians 3:13 command us to do in regard to having a *“complaint against another?”*
9. I have known some very “vindictive” people in my life. They were often self-centered! To *Whom* does vengeance belong to and why? (Rom. 12:19)

Friday: Ephesians 4:26-27, 29; Matthew 18:15

Release Anger Appropriately

10. Ephesians 4:26-27 says to; *“Be angry, and do not sin.”* What other *commands* does it give us to follow when we are filled with anger?
11. Ephesians 4:29 states that we are to; *“Let no corrupt word out of our mouth.”* What words can we use to “edify” one who angers us?
12. If we feel that someone has *“sinned against us”* we are called to take action. (Mat. 18:15) How have YOU addressed these issues in your life?