"Cooling the Reactor"

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

Hard & Fast 'Egyptian Style' Justice

Exodus 2:11-12 – (11) "One day, when Moses had grown up, he went out to his people and looked on their burdens, and he saw an Egyptian beating a Hebrew, one of his people. (12) He looked this way and that, and seeing no one, he struck down the Egyptian and hid him in the sand."

Exodus 2:13-15 – (13) "When he went out the next day, behold, two Hebrews were struggling together. And he said to the man in the wrong, 'Why do you strike your companion?' (14) He answered, 'Who made you a prince and a judge over us? Do you mean to kill me as you killed the Egyptian?' Then Moses was afraid, and thought, 'Surely the thing is known.' (15) When Pharaoh heard of it, he sought to kill Moses. But Moses fled from Pharaoh and stayed in the land of Midian. And he sat down by a well."

Righteous Anger?

Exodus 32:15-19 – (15) "Then Moses turned and went down from the mountain with the two tablets of the testimony in his hand, tablets that were written on both sides; on the front and on the back they were written. (16) The tablets were the work of God, and the writing was the writing of God, engraved on the tablets. (17) When Joshua heard the noise of the people as they shouted, he said to Moses, 'There is a noise of war in the camp.' (18) But he said, 'It is not the sound of shouting for victory, or the sound of the cry of defeat, but the sound of singing that I hear.' (19) And as soon as he came near the camp and saw the calf and the dancing, Moses' anger burned hot, and he threw the tablets out of his hands and broke them at the foot of the mountain."

The Last Straw

Numbers 20:10-12 – (10) "Then Moses and Aaron gathered the assembly together before the rock, and he said to them, 'Hear now, you rebels: shall we bring water for you out of this rock?' (11) And Moses lifted up his hand and struck the rock with his staff twice, and water came out abundantly, and the congregation drank, and their livestock. (12) And the LORD said to Moses and Aaron, 'Because you did not believe in me, to uphold me as holy in the eyes of the people of Israel, therefore you shall not bring this assembly into the land that I have given them.'"

To Assuage Assaulting Anger:

(1) Walk Away

"The beginning of strife is like letting out water, so quit before the quarrel breaks out." (Proverbs 17:14)

(2) Seek to Understand

"But Azariah the priest went in after him, with eighty priests of the LORD who were men of valor, and they withstood King Uzziah and said to him, 'It is not for you, Uzziah, to burn incense to the LORD, but for the priests, the sons of Aaron, who are consecrated to burn incense. Go out of the sanctuary, for you have done wrong, and it will bring you no honor from the LORD God.' Then Uzziah was angry. Now he had a censer in his hand to burn incense, and when he became angry with the priests, leprosy broke out on his forehead in the presence of the priests in the house of the LORD, by the altar of incense." (2 Chronicles 26:17-19)

"If one gives an answer before he hears (to hear intelligently, to understand, to discern), it is his folly and shame." (Proverbs 18:13)

(3) Slow Down

"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." (James 1:19-20)

"A fool is quick-tempered, but a wise person stays calm when insulted." (Proverbs 12:16 NLT)

(4) Eliminate Meltdowns

"Fools vent their anger, but the wise quietly hold it back." (Proverbs 29:11 NLT)

"The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions" (Galatians 5:19-20 NIV)

(ESV used unless otherwise noted)

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