

Proverbs 14:29

Authorized King James Version (KJV)

He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.

Analysis

He that is slow to wrath is of great understanding, but he that is hasty of spirit exalts folly. Emotional self-control demonstrates wisdom; quick anger reveals folly. The 'slow to wrath' person exercises restraint through understanding. The hasty-spirited person 'exalts' (rum - lifts high, promotes) folly through uncontrolled anger. James echoes this principle (James 1:19-20). Anger management isn't merely therapeutic but reveals character - wise or foolish.

Historical Context

Reflects ancient honor-shame culture where responding to insult was expected. Yet wisdom recognized that restraint demonstrated strength while quick anger demonstrated weakness and folly.

Related Passages

James 2:17 — Faith and works

Romans 1:17 — The righteous shall live by faith

Matthew 25:31 — Final judgment

Revelation 20:12 — Judgment according to deeds

Study Questions

1. How quickly do you become angry, and what does this reveal about your understanding?
2. How can you develop greater emotional self-control through biblical wisdom?

Interlinear Text

אֶרֶךְ	אֶפְסִים	רַב	תְּבוּנָה	וְקָצֵר	רוּחַ
He that is slow	to wrath	is of great	understanding	but he that is hasty	of spirit
H750	H639	H7227	H8394	H7116	H7307

מֵרִים	אֶלֶת:
exalteth	folly
H7311	H200

Additional Cross-References

James 1:19 (Judgment): Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:

Ecclesiastes 7:9 (Spirit): Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

Proverbs 14:17 (Parallel theme): He that is soon angry dealeth foolishly: and a man of wicked devices is hated.

Proverbs 15:18 (Judgment): A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife.

Proverbs 16:32 (Spirit): He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

Proverbs 19:11 (Parallel theme): The discretion of a man deferreth his anger; and it is his glory to pass over a transgression.

Proverbs 25:28 (Spirit): He that hath no rule over his own spirit is like a city that is broken down, and without walls.

Numbers 12:3 (Parallel theme): (Now the man Moses was very meek, above all the men which were upon the face of the earth.)

Matthew 11:29 (Parallel theme): Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

Proverbs 25:8 (Parallel theme): Go not forth hastily to strive, lest thou know not what to do in the end thereof, when thy neighbour hath put thee to shame.

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