“If you cannot control your anger, you are as helpless as a city without walls, open to attack.”
Proverbs 25:28 (TEV)

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

“It is better to be patient than powerful; it is better to have self-control than to conquer a city.”
Proverbs 16:32 (NLT)

WAYS PEOPLE EXPRESS ANGER

• _____________________________________________

Exa mple: Cain

“Cain became furious and he scowled in anger... And while they were in the field, Cain attacked his brother, Abel, and killed him.”
Genesis 4:5, 8

• _____________________________________________

Exa mple: Jeremiah

“... I stayed by myself and was filled with anger. Why do I keep on suffering? Why are my wounds incurable? Why won’t they heal?”
Jeremiah 15:17-18

• _____________________________________________

Exa mple: The Prodigal ’s Brother

“The elder brother was so angry he would not go in (to the party). So his father went out and pleaded with him...”
Luke 15:28

• _____________________________________________

Exa mple: The Pharisees

“But they were furious and began to plot with each other what they might do to Jesus.”
Luke 6:11
How to disarm your button pushers

1. ___________________________________________
   “An angry person causes trouble, and a person with a quick temper sins a lot.”
   Proverbs 29:22 (NCV)

   Pr. 15:18 (GN) “Hot tempers cause arguments.”

   Pr. 14:29 (LB) “. . . anger causes mistakes.”

   Pr. 14:17 (GN) “People with hot tempers do foolish things.”

   “Those who control their anger have great understanding; those with a hasty temper make mistakes.”
   Proverbs 14:29 (NLT)

2. _____________________________________________
   “A man’s wisdom gives him patience; it is to his glory to overlook an offense.”
   Proverbs 19:11 (NIV)

3. ___________________________________________
   “Sensible people always think before they act.”
   Proverbs 13:16

   “A fool gives full vent to anger, but a wise person quietly holds it back.”
   Proverbs 29:11 (NLT)

   “A gentle answer quiets anger, but a harsh one stirs it up.”
   Proverbs 15:1 (TEV)

   “A truly wise person uses few words; a person with understanding is even-tempered.”
   Proverbs 17:27 (NLT)

4. ___________________________________________
   “Lord, help me control my tongue; help me to be careful about what I say!”
   Psalm 141:3 (NCV)

   “The fruit of the Spirit is love, joy, peace, and patience...”
   Galatians 5:22

5. _____________________________________________
“The fear of human opinion disables you; but trusting in God protects you from that.”

Proverbs 29:25 (MSG)

“Long ago, even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes!”

Ephesians 1:4 (NLT)