

WHO'S PUSHING YOUR BUTTONS?
You Make Me Crazy – Part 2
August 25-26, 2012/John Smith



In your anger do not sin...

Ephesians 4:26a

FIVE KEYS TO MANAGING ANGER

1. REALIZE _____.

An angry person causes trouble, and a person with a quick temper sins a lot. Proverbs 29:22

Hot tempers cause arguments. Proverbs 15:18

Anger causes mistakes. Proverbs 14:29

People with hot tempers do foolish things. Proverbs 14:27

2. RESOLVE _____.

Fools give full vent to their rage, but the wise bring calm in the end. Proverbs 29:11

A rebel shouts in anger; a wise man holds his temper and cools it. Proverbs 29:11 (LV)

FIVE KEYS TO MANAGING ANGER Continued...

3. REFLECT _____.

A fool shows their annoyance at once, but the prudent overlook an insult. Proverbs 12:16

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

People with understanding control their anger; a hot temper shows great foolishness. Proverbs 14:29 (NLT)

Ask Myself:

Sensible people always think before they act. Proverbs 13:16

4. RELEASE _____.

In your anger do not sin... Ephesians 4:26a

Do not repay anyone evil for evil... Do not take revenge, my friends, but leave room for God's wrath... "It is mine to avenge; I will repay," says the Lord... but overcome evil with good. Romans 12:17-21

How?

5. RELY _____.

Let the peace of Christ rule in your hearts... Colossians 3:15