



2. HANDLING THE ANGER

"When you get angry do not sin..."
—Ephesians 4:26

WAYS PEOPLE EXPRESS ANGER

1) The _____

"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

2) The _____

"...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

3) The _____

"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

Pastor Mike Brown

4) _____

"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) _____

"Hot tempers cause arguments."
—Proverbs 15:18 (Good News)

"People with hot tempers do foolish things."
—Proverbs 14:17 (Good News)

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 his anger. But a wise person quietly holds it back."
—Proverbs 29:11

4) _____

"Lord, help me control my tongue; help me to be careful about what I say!"
—Psalm 141:3 (NCV)

5) _____

"The fear of human opinion disables you; but trusting in God protects you from that."
— Proverbs 29:25 (The Message)

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