



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

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

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

4 WAYS PEOPLE EXPRESS ANGER

- _____
 Example: Cain (Gen. 4:5, 8)
- _____
 Example: Jeremiah (Jer. 15:17-18)
- _____
 Example: The Prodigal’s Brother (Luke 15:28)
- _____
 Example: The Pharisees (Luke 6:11)

HOW TO DIFFUSE THE ANGER BOMB

1. _____ THE _____ OF ANGER
“An angry person causes trouble, and a person with a quick temper sins a lot.”
 Pr. 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.”
 Pr. 14:29 (NLT)

2. LOOK PAST THEIR _____ TO THEIR _____.
“A man’s wisdom gives him patience; it is to his glory to overlook an offense.”
 Pr. 19:11 (NIV)

3. _____ BEFORE _____.
“Sensible people always think before they act.”
 Pr. 13:16

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

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

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

4. _____ GOD FOR _____.
“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...”
 Gal. 5:22

5. BASE YOUR _____ ON _____
“The fear of human opinion disables you; but trusting in God protects you from that.”
 Pr. 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!”
 Eph. 1:4 (NLT)