



## ANGER... IT’S NOT JUST YOU

*Jesus entered the Temple and began to drive out all the people buying and selling animals for sacrifice. He knocked over the tables of the money changers and the chairs of those selling doves.*

Matthew 21:12 (NLT)

*“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)

## HOW TO GET YOUR ANGER UNDER CONTROL

### 1. \_\_\_\_\_ THE \_\_\_\_\_ OF ANGER

*“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. LOOK PAST THEIR \_\_\_\_\_ TO THEIR \_\_\_\_\_.

*“A man’s wisdom gives him patience; it is to his glory to overlook an offense.”*

Proverbs 19:11 (NIV)

### 3. \_\_\_\_\_ BEFORE \_\_\_\_\_...

*“Sensible people always think before they act.”*

Proverbs 13:16 (GNT)

*“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. \_\_\_\_\_ GOD FOR \_\_\_\_\_.

*“Lord, help me control my tongue; help me to be careful about what I say!”*

Psalms 141:3 (NCV)

*“The fruit of the Spirit is love, joy, peace, and patience...”*

Galatians 5:22 (NIV)

### 5. YOUR MOVE

*Trust in the LORD with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take.*

Proverbs 3:5-6 (NLT)