

HOW TO MANAGE YOUR ANGER

I Corinthians 13:5

1 Cor. 13:5 "Love is not easily angered."

1. _____ to manage it.

"It is better to be slow-tempered than famous; it's better to have self-control than to control an army." Proverbs 29:22

2. _____ the cost.

"A hot-tempered man . . . gets into all kinds of trouble." Proverbs 29:22 (LB)

"Hot tempers cause arguments." Proverbs 15:18 (GN)

"... anger causes mistakes." Proverbs 14:29 (LB)

"People with hot tempers do foolish things." Proverbs 14:17 (GN)

"The fool who provokes his family to anger and resentment will finally have nothing worthwhile left." Proverbs 11:29 (LB)

3. _____ before reacting.

"A stupid man gives free rein to his anger; a wise man waits and lets it grow cool." Proverbs 29:11 (NEB)

"A man's wisdom gives him patience." Proverbs 19:11

Ask Myself

- Why am I _____?
- What do I _____?
- How can I _____?

4. _____ my anger appropriately.

"If you become angry, do not let your anger lead you into sin." Ephesians 4:26 (GN)

"A fool gives full vent to his anger, but a wise man keeps himself under control." Proverbs 29:11 (LB)

Three things to not do:

1. Don't _____.
2. Don't _____.
3. Don't _____.

The Bible says: _____.

5. _____ my mind.

"... be transformed by the renewing of your mind." Romans 12:2

6. _____ to people who are patient.

"... Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared." Proverbs 22:24

"The fruit of the spirit... is patience." Galatians 5:22