



DIFFUSING ANGER

Proverbs 25:28

4 WAYS PEOPLE EXPRESS ANGER:

1. The _____.

This made Cain both dejected and very angry, and his face grew dark with fury. One day Cain suggested to his brother, "Let's go out into the fields." And while they were together there, Cain attacked and killed his brother. (Genesis 4:5b, 8, TLB)

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? I'm holding it in and it's killing me! (Jeremiah 15:17-18, GNT)

3. The _____.

The older brother became angry and refused to go in. So his father went out and pleaded with him. (Luke 15:28, NIV)

4. The _____.

They were furious and began to discuss with one another what they might do to Jesus. (Luke 6:11, NIV)



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TO DIFFUSE MY ANGER:

1. I need to _____ I get angry.

• 3 CAUSES OF ANGER:

1. _____
2. _____
3. _____

2. I _____ and _____ before _____.

Wise people always think before they do anything. (Proverbs 13:16a, ETRV)

Wise people always think before they speak, so what they say is worth listening to. (Proverbs 16:23, ETRV)

• 3 QUESTIONS TO ASK YOURSELF:

1. _____ am I angry?
2. What do I really _____ out of this encounter?
3. How can I _____ it?

3. I _____ to _____.

A relaxed attitude lengthens a man's life... (Proverbs 14:30a, TLB)

4. I continually _____ for _____.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. (Galatians 5:22-23, NIV)