

MANAGING ANGER
RELATIONSHIPS: Step it up! – Part 6
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"[LOVE] IS NOT EASILY ANGERED." I Corinthians 13:5 (NIV)

I NEED TO . . .

1. ACKNOWLEDGE _____.

"An angry man stirs up dissension, and a hot-tempered one commits many sins." Proverbs 29:22 (NIV)

"A quick-tempered man does foolish things,..." Proverbs 14:17 (NIV)

Proverbs 14:29; 15:18

2. IDENTIFY _____.

"A man's wisdom gives him patience; it is to his glory to overlook an offense."
Proverbs 19:11 (NIV)

Ask Myself: _____?

ANGER = _____.

3. _____ BEFORE _____.

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

"Better a patient man than a warrior, a man who controls his temper than one who takes a city." Proverbs 16:32 (NIV)

4. _____ MY ANGER _____.

"In your anger do not sin: Do not let the sun go down while you are still angry."
Ephesians 4:26 (NIV)

Psalm 55:22; I Peter 5:7

5. _____ MY MIND.

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

Deuteronomy 31:8; Psalm 94:18,19; Proverbs 3:5,6; Isaiah 41:10;
Matthew 11:28; Romans 15:13; II Timothy 1:7

6. ASSOCIATE _____.

"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 22:24,25 (NIV)