

HANDLING MY ANGER WHEN I AM STRESSED

May 10, 2020

1. Realize the _____.

"Angry people stir up a lot of discord; a hot-tempered man gets into all kinds of trouble." Proverbs 29:22 (MSG)

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

2. Resolve to _____.

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

3. _____ before I _____.

"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to get angry, because human anger does not produce the righteous life that God desires." James 1:19-20

4. _____ my mind.

"Don't copy the behaviors and customs of this world, but let God transform you into a new person by changing the way you think." Romans 12:2 (NLT)

5. Ask God to _____.

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

"We know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them." 1 John 4:16 (NIV)