

**WEEK 3
HOW TO
MANAGE
ANGER**

1. Resolve to manage Anger.

Proverbs 16:32

He that is slow to anger is better than the mighty;
and he that ruleth his spirit than he that taketh a
city.

2. Realize the cost.

Proverbs 15:18

A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.

Proverbs 14:29

Whoever is patient has great understanding, but one who is quick-tempered displays folly.

Proverbs 14:17

A quick-tempered person does foolish things, and the one who devises evil schemes is hated.

3. Reflect before reacting.

A. Ask yourself...

1. Why am I angry?
2. What do I really want?
3. How can I get it?

B. Three causes of anger...

1. Hurt

2. Fear

3. Frustration

4. Release my anger appropriately.

Proverbs 29:11

Fools give full vent to their rage,
but the wise bring calm in the end.

Ephesians 4:26

In your anger do not sin: Do not let the
sun go down while you are still angry,

5. Repattern your mind!

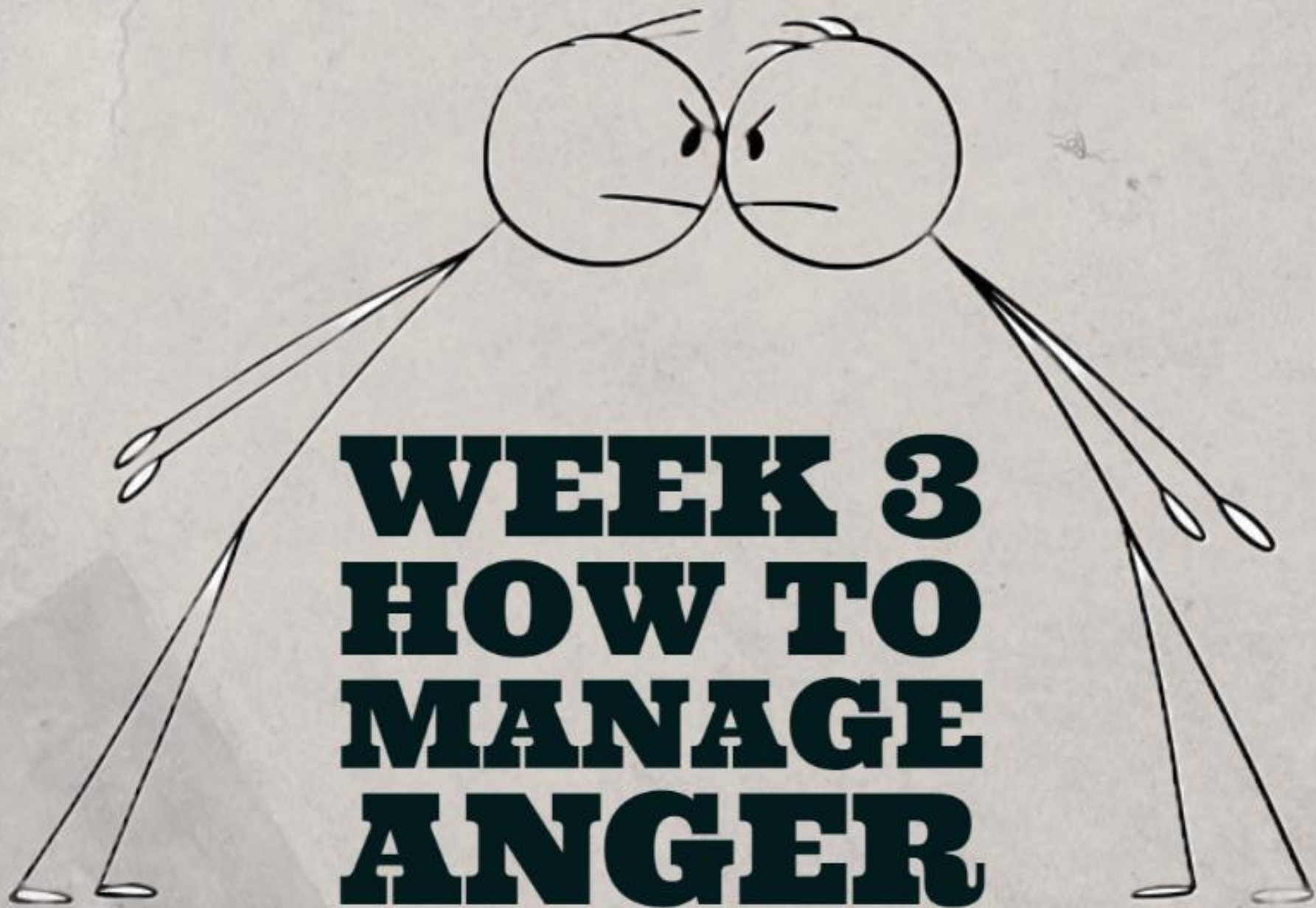
Romans 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

6. Relate to people who are patient.

Proverbs 22:24-25

Do not make friends with a hot-tempered person, do not associate with one easily angered, or you may learn their ways and get yourself ensnared.



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