

Road rage – mall rage – postal rage ... it seems that rage is out of control and growing in our country and homes. Anger steals our joy and destroys our friendships, family and life. We are a nation in desperate need of taming our temper. The question is how?

Avoiding The Pitfall Of Anger

Seven Keys

1. _____ The Problem

*"It's better to be patient than powerful; It's better to have self control than to conquer a city."
Proverbs 16:32 (NLT)*

Anger Is A _____

2. _____ The Results

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

*"Hot tempers cause arguments...anger causes mistakes."
Proverbs 15:18 & 14:29 (GN)*

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

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

Anger _____

3. _____ My Thinking

*"Be careful how you think; your life is shaped by your thoughts."
Proverbs 4:23 (GN)*

"...get rid of your old self. Let the Spirit change your way of thinking and make you into a new person." Ephesians 4:22-23 (GN & CEV)

"...throw off your old evil nature and your former way of life, which is rotten through and through, full of lust and deception. Instead, there must be a spiritual renewal of your thoughts and attitudes." Ephesians 4:22-23 (NLT)

Change What We _____
And We'll Change Our _____

4. _____ **Before Acting**

"People who stay calm have real insight." Proverbs 17:27 (GN)

Three Choices With Anger

We can _____ **it**

We can _____ **about it**

We can _____ **it**

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

1 John 1:9 & James 5:16

5. _____ **My Remarks**

*"A man of knowledge uses words with restraint, and a man of understanding is even-tempered."
Proverbs 17:27 (NIV)*

*"When a fool is annoyed he quickly let's it be know. Smart people will ignore an insult."
Proverbs 12:16 (GN)*

*"... When someone wrongs you, it is a great virtue to ignore it."
Proverbs 19:11 (GN)*

*"A gentle answer quiets anger, but a harsh one stirs is up."
Proverbs 15:1 (GN)*

6. _____ **God's Way**

"Follow my instructions and you will live." Proverbs 4:4 (NLT)

*"Now that you know this truth, how happy you will be if you put it into practice!"
John 13:17 (GN)*

"Keep putting into practice all you learned from me and heard from me and saw me doing, and the God of peace will be with you." Philippians 4:9 (CEV)

7. _____ **God's Power & Help**

*"A wise man has great power, and a man of knowledge increases strength."
Proverbs 24:5 (NIV)*

*"Christ gives me the strength to face anything."
Philippians 4:13 (CEV)*

Personal Study - Growth Homework

GETTING STARTED

From the message this weekend which thought or point was most helpful to you, what is it you really needed to hear?

TAKING A CLOSER LOOK

If we're going to tame our temper and avoid the pitfalls of anger we need to stop rationalizing and recognize our anger is an issue. How and why do we often rationalize our anger? What are some of the common rationalizations we use to escape responsibility for our anger?

Look again at Proverbs 29:22, 15:18, 14:17 and 14:29. When has anger caused you or someone you know to make foolish mistakes, do something foolish? What happened?

What do you think is the point of
Proverbs 22:24-25 & 1 Corinthians 15:33

Our anger is triggered by or flows out of one of 3 sources: hurt, frustration & insecurity/fear. When you look back at the times you've gotten angry, which of these three is the most popular trigger or root cause of anger in your life?

Of the three choices of response with anger ... stuffing it, screaming about it or sharing it, which do you tend to do?

GOING DEEPER

When we have a greater confidence in God, really believe what He can do & how much He loves us it impacts our insecurity, fear & frustration in life. Why do you think this is true and how would your life and response to others be different if you had more faith and confidence in God?

What hope & instruction do each of these verses give us in our relationship with God?

Philippians 4:13

Eph 3:20-21

1 Peter 5:7

Ps 43:5 & 46:11

Psalms 34:7; 55:22

Psalms 44:1-8

Habakkuk 2:3

Pr. 3:5-6; 16:3

Jeremiah 33:3

Mt 6:25-34; 7:7-8

How might Matt 8:23-27 give you confidence today?

As time allows, discuss some of these stories about the confidence each of these men had in God and what it enabled them to do.

Why was David able to have confidence in God? (1 Samuel 17)

What made the difference in Daniel's life? (Daniel 6)

How did God show His faithfulness to Peter? (Acts 12:1-19)

What would you do right now – how would your anger level be lower if you had more confidence in God?

Getting Personal ... as you look back over this study what one or two things has God shown you that you need to put into action? What beliefs do you need to change and what barriers or obstacles will you need God's help and power to overcome?