

## How to Handle Anger – The Ways That Work

### ➤ Reviewing the Ways that Don't Work

1. Expression is SPEWING anger => RAGE

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

2. Repression is SWALLOWING our anger => RESENTMENT

*In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold. (Eph 4:26-27)*

### ➤ Responses to Anger — The ways that \_\_\_\_\_

1. \_\_\_\_\_ it

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

2. \_\_\_\_\_ it

- 1) \_\_\_\_\_ to \_\_\_\_\_ the moment we begin to feel angry

- 2) Agree not to \_\_\_\_\_.

*If it is possible, as far as it depends on you, live at peace with everyone. (Romans 12:18)*

- 3) \_\_\_\_\_ and \_\_\_\_\_. Review the situation that caused the anger. Then rehearse what you are going to do when a similar situation occurs in the future.

- 4) Choose to \_\_\_\_\_.

*Be kind and compassionate to one another, forgiving each other just as in Christ God forgave you. (Eph 4:32)*

*Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. (Col 3:13)*

- 5) Seek \_\_\_\_\_

- 6) \_\_\_\_\_ to change. Covenant together with a spouse or friend to help one another to grow out of your anger.

➤ **GOD'S PROMISE**

And will help you keep yourself under control  
(Prov. 29:11b)

It will make you able to overlook offenses  
(Prov. 19:11b)

And wisdom, in turn, will give you patience  
(Prov. 19:11a)

That will make you wise  
(Prov. 19:20b)

Listen to advice and accept instruction  
(Prov. 19:20a)

***“But the wisdom that comes from heaven is first of all pure; then peace loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace raise a harvest of righteousness.”*** (James 3:17-18)

➤ **Conclusion**

Now that you know these things, **DO THEM**. That is the path of blessing. (John 13:17 LB)

➤ **Couple Sharing**

1. Which of the six steps for controlling your anger would help you the most?
2. Which will be the hardest to apply?
3. What do you think about God's Promise providing the control to process your anger?