

the art of living

WEEK 6: CONTROLLING YOUR ANGER
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Their purpose (the book of Proverbs) is to teach people to live disciplined and successful lives to help them do what is right, just and fair. *Proverbs 1:3*

Controlling your _____.

Short-tempered people do **foolish** things... *Proverbs 14:17*

"Anger, if not restrained, is frequently more hurtful to us than the injury that provokes it." — Seneca

"Get your swords!" was David's reply as he strapped on his own. Then 400 men started off with David and 200 remained behind to guard their equipment. *1 Samuel 25:13*

"When the Lord has done all he promised and has made you leader of Israel, don't let this be a **blemish** on your record. Then your **conscience** won't have to bear the staggering burden of needless bloodshed and vengeance. And when the Lord has done these great things for you, please remember me, your servant!" *1 Samuel 25:30-31*

What is anger?

Anger is an emotional _____ to an actual/perceived _____.

We don't get our _____.

We don't have _____.

We get _____.

What causes **fight**s and **quarrels** among you? Don't they come from your **desires** that battle **within you**? You desire but do not have, so you kill. You covet but you cannot get what you want so you **quarrel** and **fight**. *James 4:1-2*

People with **understanding** control their anger; a hot temper shows great foolishness. *Proverbs 14:29*

How do we become people of understanding?

"Anything you can do with anger, you can do better without anger."
— Dallas Willard

1. _____ out.

Good sense makes one slow to anger... *Proverbs 19:11*

"People look at me and see a calm, cool guy on the sidelines and I want them to know that my Christian faith affects my coaching and everything I do." — Tony Dungy

2. _____ it _____.

Good sense makes one slow to anger, and it is his **glory** to **overlook** an offense. *Proverbs 19:11*

Hatred stirs up strife, but **love** covers all offenses. *Proverbs 10:12*

3. Prepare to be _____.

"When you first rise in the morning tell yourself: I will encounter busybodies, ingrates, egomaniacs, liars, the jealous, and cranks. ... Because I have understood the beauty of good and ugliness of evil, I know that these wrong-doers are still akin to me ... and that none can do me harm, or implicate me in ugliness — nor can I be angry at my relatives or hate them. For we are made for cooperation." — Marcus Aurelius, Meditations 2.1

What would it look like if you took control of your anger?