



WHO'S PUSHING YOUR BUTTONS?

Parts 1-3

"If you cannot control your anger, you are as helpless as a city without walls, open to attack."

PR. 25:28 (TEV)

"A fool is quick-tempered, but a wise person stays calm when insulted."

PR. 12:16 (NLT)

"It is better to be patient than powerful; it is better to have self-control than to conquer a city."

PR. 16:32 (NLT)

WAYS PEOPLE EXPRESS ANGER

Example: Cain

"Cain became furious and he scowled in anger...And while they were in the field, Cain attacked his brother, Abel, and killed him."

GEN. 4:5, 8

• _____
Example: Jeremiah

“...I stayed by myself and was filled with anger. Why do I keep on suffering? Why are my wounds incurable? Why won’t they heal?”

JER. 15:17-18

• _____
Example: The Prodigal’s Brother

“The elder brother was so angry he would not go in (to the party). So his father went out and pleaded with him...”

LUKE 15:28

• _____
Example: The Pharisees

“But they were furious and began to plot with each other what they might do to Jesus.”

LUKE 6:11

HOW TO DISARM YOUR BUTTON-PUSHERS

1. _____

“An angry person causes trouble, and a person with a quick temper sins a lot.”

PR. 29:22 (NCV)

“Hot tempers cause arguments.”

PR. 15:18 (GN)

“. . . anger causes mistakes.”

PR. 14:29 (LB)

“People with hot tempers do foolish things.”

PR. 14:17 (GN)

*“Those who control their anger have great understanding;
those with a hasty temper make mistakes.”*

PR. 14:29 (NLT)

2. _____

“A man’s wisdom gives him patience; it is to his glory to overlook an offense.”

PR. 19:11 (NIV)

3. _____

“Sensible people always think before they act.”

PR. 13:16

“A fool gives full vent to anger, but a wise person quietly holds it back.”

PR. 29:11 (NLT)

“A gentle answer quiets anger, but a harsh one stirs it up.”

PR.15:1 (TEV)

*“A truly wise person uses few words;
a person with understanding is even-tempered.”*

PR. 17:27 (NLT)

4. _____

“Lord, help me control my tongue; help me to be careful about what I say!”

PSALM 141:3 (NCV)

“The fruit of the Spirit is love, joy, peace, and patience...”

GAL. 5:22

5. _____

“The fear of human opinion disables you; but trusting in God protects you from that.”

PR. 29:25 (MSG)

*“Long ago, even before he made the world, God loved us and
chose us in Christ to be holy and without fault in his eyes!”*

EPH. 1:4 (NLT)