



# KEEP CALM & WISE UP "My Anger"

Jim Gerlach   jim@ovbc.net   9.28.14   9:30 & 10:50 a.m.

The question to ask before you decide:

What's the \_\_\_\_\_ thing to do?

- Guilt says, "I owe \_\_\_\_\_."
- Anger says, "You owe \_\_\_\_\_." Anger is always a \_\_\_\_\_ emotion.

When I'm Angry, I tend to:

☐ \_\_\_\_\_ . Anger = \_\_\_\_\_

*A gentle answer turns away wrath, but a harsh word stirs up anger. Proverbs 15:1*

*A **quick-tempered** man does foolish things . . . Proverbs 14:17*

*Fools give full vent to their rage, but the wise bring calm in the end. Proverb 29:11*

*A **hot-tempered** man stirs up dissension . . . Proverbs 15:18*

*A **hot-tempered** man must pay the penalty; if you rescue him, you will have to do it again. Proverbs 19:19*

- Spewers need \_\_\_\_\_.

*Like a city whose walls are broken down is a man who lacks self-control. Proverbs 25:28*

*Do not make friends with a **hot-tempered** man, do not associate with one easily angered . . . Proverbs 22:24*

*<sup>19</sup> My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, <sup>20</sup> for man's anger does not bring about the righteous life that God desires. James 1:19-20*

☐ OR \_\_\_\_\_ . Anger = \_\_\_\_\_

*See to it that no one misses the grace of God and that **no bitter root grows up to cause trouble and defile many.** Hebrews 12:15*

- Stewers need \_\_\_\_\_.

*<sup>26</sup> "In your anger do not sin": Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold. Ephesians 4:26-27*

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

*<sup>31</sup> Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup> Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. Ephesians 4:31-32*

## NEXT STEPS for Week Two "My Anger":

- ☐ Ask God - "What's the wise thing to do with my anger?"
- ☐ Pick up a "WHAT'S WISE?" reminder wristband in the foyer.
- ☐ Write your email on the connection card to receive the link for the daily Proverbs devotionals.
- ☐ Bring someone with you for Week 3: "Dealing Wisely with Money."