

HOW TO MANAGE YOUR ANGER

DETOX: Part 1

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"Make sure there is no man or woman...whose heart turns away from the LORD our God...make sure there is no root among you that produces such bitter poison." (Deuteronomy 29:18, NIV)

"Above all else, guard your heart, for everything you do flows from it." (Proverbs 4:23, NIV)

6 STEPS TO MANAGING MY ANGER

1. **RESOLVE** TO MANAGE IT.

"It is better to be slow-tempered than famous; it is better to have self-control than to control an army." (Proverbs 16:32, The Living Bible)

2. **REALIZE** THE COST.

"A hot-tempered man starts fights and gets into all kinds of trouble." (Proverbs 29:22, The Living Bible)

"Hot tempers cause arguments, but patience brings peace." (Proverbs 15:18, GNB)

"People with a hot temper do foolish things; wiser people remain calm." (Proverbs 14:17, GNB)

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

3. **REFLECT** BEFORE YOU REACT.

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

"A person's wisdom yields patience; it is to one's glory to overlook an offense." (Proverbs 19:11, NIV)

Ask Myself

- Why am I angry?
- What do I really want?

- How can I best get it?

4. **RELEASE** MY ANGER APPROPRIATELY.

"If you become angry, do not let your anger lead you into sin, and do not stay angry all day." (Ephesians 4:26, GNB)

"Fools give full vent to their rage, but the wise bring calm in the end." (Proverbs 29:11, NIV)

What NOT to do

- Don't repress it.
- Don't suppress it.
- Don't express it.

QUOTE: "Speak when you're angry and you'll deliver the best speech you'll ever regret!"

5. **REVIEW** MY RELATIONSHIPS.

"Don't hang out with angry people; don't keep company with hotheads." (Proverbs 22:24, The Message)

"Do not make friends with a hot-tempered person, do not associate with one easily angered," (Proverbs 22:24, NIV)

6. **RENEW** MY MIND.

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think." (Romans 12:2a, NLT)

"Your hearts and minds must be made completely new," (Ephesians 4:23, GNB)

ACTION:

Commit to a **DAILY QUIET TIME**.