

FROM THE BIBLE: Proverbs 25:28, Proverbs 12:16, and Proverbs 16:32

FOUR TYPES OF WAYS PEOPLE EXPRESS ANGER...

1. The _____ (Genesis 4:5,8)
2. The _____ (Jeremiah 15:17-18)
3. The _____ (Luke 15:28)
4. The _____

HOW TO DISARM THE BUTTON PUSHERS THAT CAUSE YOUR ANGER...

1. _____ the _____ of anger.

FROM THE BIBLE: Proverbs 29:22, Proverbs 15:18, Proverbs 14:27 and Proverbs 14:29

2. Look past their _____ and look to their _____.

FROM THE BIBLE: Proverbs 19:11

3. Remember that _____ people _____ people.
4. Often people are the least _____ when they need _____ the most.
5. The more you _____, the more understanding you'll be.
6. _____ before _____.

FROM THE BIBLE: Proverbs 13:16, Proverbs 29:11, Proverbs 15:1
Proverbs 17:27 and Psalm 141:3

7. When you have disagreements and conflicts, be aware that your anger could _____ and _____ a person.

FROM THE BIBLE: Galatians 5:14-15

8. Ask _____ for _____.