

Foolproof
Anger

July 2, 2017

2 Questions we need to answer:

Where does it come _____? Where is it taking _____?

Proverbs 29:22 An angry person starts fights; a hot-tempered person commits all kinds of sin.

Proverbs 14:17 A person who has a quick temper does foolish things.

Numbers 20:9-12 (Msg) He and Aaron rounded up the whole congregation in front of the rock. Moses spoke: “**Listen, rebels!** Do we have to bring water out of this rock for you?” With that **Moses raised his arm and slammed his staff against the rock—once, twice.** Water poured out. Congregation and cattle drank. God said to Moses and Aaron, “Because you didn’t trust me, didn’t treat me with holy reverence in front of the People of Israel, you two are not going to lead them into the promise land that I am giving them.”

Exodus 2:11-12 (Msg) Time passed. Moses grew up. One day he went and saw his brothers, saw all that hard labor. Then he saw an Egyptian hit a Hebrew—one of his relatives! He looked this way and then that; when he realized there was no one in sight, he killed the Egyptian and buried him in the sand.

How do you get a grip on your temper? Do Three Things:

1. Remember the _____.

Proverbs 15:18 A quick-tempered man **starts fights**; a cool-tempered man tries to **stop** them.

Proverbs 11:29 "The fool who provokes his family to anger and resentment will finally have nothing worthwhile left."

2. _____ before Reacting.

Proverbs 29:11 "A stupid man gives free reign to his anger. A wise man **waits** and lets it grow **cool**."

Proverbs 12:16 "When a fool is annoyed he quickly lets it be known. Smart people will **ignore an insult**."

Proverbs 19:11 A person’s wisdom makes them patient. They will be honored if they forgive someone who sins against them.

Proverbs 17:27 "People who stay calm have real insight."

Why we might get angry?

- ✓ Because we're _____.
- ✓ Because we're _____.
- ✓ Because we're _____.

3. Restrain your remarks.

Proverbs 21:23 If you want to stay out of trouble, be careful what you say.

Proverbs 15:1 A gentle answer quiets anger. But harsh ones stir it up.

Galatians 5:22 "The fruit of the Spirit is patience."

Walk Away: Today, I choose to allow God to _____ me and fill me with His _____, so I will be slow to anger.

Serve Day Saturday, July 15th 8:00am- Noon.

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2. Reflect before Reacting.

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Proverbs 19:11 A person’s wisdom makes them patient. They will be honored if they forgive someone who sins against them.

Proverbs 17:27 "People who stay calm have real insight."

Why we might get angry?

- ✓ Because we're hurt.
- ✓ Because we're frustrated.
- ✓ Because we're insecure.

3. Restrain your remarks.

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