

GET SMART

Get Smart

Get Smart with My Anger

1 Samuel 25:10-13 NLT "Who is this fellow David?" Nabal sneered. "Who does this son of Jesse think he is? There are lots of servants these days who run away from their masters. 11 Should I take my bread and water and the meat I've slaughtered for my shearers and give it to a band of outlaws who come from who knows where?" 12 So David's messengers returned and told him what Nabal had said. 13 "Get your swords!" was David's reply as he strapped on his own. Four hundred men started off with David, and two hundred remained behind to guard their equipment.

Smart Actions to Manage My Anger

Action #1 : I need to realize that **conflicts occur even when I do good.**

v. 21 David saying "A lot of good it did to help this fellow. We protected him and his flocks and yet he has repaid me evil for good."

Action #2 : I need to recognize **my hot buttons.**

Proverbs 19:11 NLT *Sensible people control their temper; they earn respect by overlooking wrongs.*

Action #3 : I need to reflect **before I react.**

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

Action #4 : I need to **remember God's actions.**

1 Samuel 25:28-29 NLT *The LORD will surely reward you with a lasting dynasty, for you are fighting the LORD's battles. And you have not done wrong throughout your entire life. "Even when you are*

chased by those who seek your life, you are safe in the care of the LORD your God, secure in his treasure pouch! But the lives of your enemies will disappear like stones shot from a sling!

I need to remember how God **has been with me in the past.**

I need to remember what God **has promised to do for me in the future.**

I need to remember how God **values me right now.**

Steps to Controlling My Anger

Proverbs 29:11 NIV A fool gives full vent to his anger, but a wise man keeps himself under control.

Step #1 : **Claim it.**

Step #2 : **Frame it.**

Step #3 : **Aim it correctly.**

Action #5 : I need to refocus **on God's purposes for my life.**

1 Sam. 25:32-34 NLT David replied to Abigail, "Praise the LORD, the God of Israel, who has sent you to meet me today! 33 Thank God for your good sense! Bless you for keeping me from murdering the man and carrying out vengeance with my own hands.

Prov. 16:32 (NCV) Patience is better than strength. Controlling your temper is better than capturing a city.

Romans 12:17 NIV "Never pay back evil for evil to anyone....never avenge yourselves, leave that to God, overcome evil with good."

Additional Study on Anger

Monday	Ephesians 4:26-31
Tuesday	James 1:19-20, James 4:1-2
Wednesday	Colossians 3:7-9, Romans 12:17-21
Thursday	Proverbs 22:24, Proverbs 19:19
Friday	Psalms 37:8-9, Ecclesiastes 7:9

