

CAN'T WE ALL JUST GET ALONG?

“Disarm Your Anger” (SELECTED PROVERBS)

INTRODUCTION

- KEY POINT: _____ and _____ are key virtues for disarming anger.
- *“Anger”*
- Examples of Sinful Anger in the Bible
- Examples of Righteous Anger
- Five Ways to Determine If Your Anger Is Sinful (Wayne Mack)
 1. If you _____
 2. If it _____
 3. If it _____
 4. If we keep _____
 5. If we _____

EXPOSITION

- **5 Ways to Disarm Your Anger**
 - I. Don't _____ (Proverbs 14:17, 29; 16:32).

- II Kings 5:11-12

- James 1:19

II. Be habitually _____ (Proverbs 15:1, 18).

- I Peter 2:23

III. Make the right kinds of _____ (Proverbs 22:24-25).

- Psalm 1:1

IV. When anger is shown to you, don't _____ it (Proverbs 29:8).

- Job 4:8

V. Practice _____ (Proverbs 29:11).

- Proverbs 29:22

CONCLUSION

- Now What?

TAKE IT A STEP FURTHER

- 1) Draw your own chart illustrating actual examples of angry responses and give alternative responses modeling self-control.
- 2) Which Proverbs were the most helpful in helping you craft those responses of self-control?
- 3) Book Recommendation: *Good and Angry*, by David Powlison