WHO’S PUSHING YOUR BUTTONS?
You Make Me Crazy – Part 2
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“If you cannot control your anger you are as helpless as a city without walls, open to attack.” Pr. 25:28 (TEV)

“A fool is quick-tempered, but a wise person stays calm when insulted.” Pr. 12:16 (NLT)

“It is better to be patient than powerful; it is better to have self-control than to conquer a city.” Pr. 16:32 (NLT)

WAYS PEOPLE EXPRESS ANGER

• Example: Cain

“Cain became furious and he scowled in anger... And while they were in the field, Cain attacked his brother Abel, and killed him.” Gen. 4:5, 8

• Example: Jeremiah

“... I stayed by myself and was filled with anger. Why do I keep on suffering? Why are my wounds incurable? Why won’t they heal?” Jer. 15:17-18

• Example: The Prodigal’s Brother

“The elder brother was so angry he would not go in (to the party). So his father went out and pleaded with him...” Luke 15:28

• Example: The Pharisees

“But they were furious and began to plot with each other what they might do to Jesus.” Luke 6:11

HOW TO DISARM YOUR BUTTON-PUSHERS

1. “An angry person causes trouble, and a person with a quick temper sins a lot.” Pr. 29:22 (NCV)

2. “A man’s wisdom gives him patience; it is to his glory to overlook an offense.” Pr. 19:11 (NIV)

3. “Sensible people always think before they act.” Pr. 13:16

“A fool gives full vent to anger, but a wise person quietly holds it back.” Pr. 29:11 (NLT)

“A gentle answer quiets anger, but a harsh one stirs it up.” Pr. 15:1 (TEV)

“A truly wise person uses few words; a person with understanding is even-tempered.” Pr. 17:27 (NLT)

4. “Lord, help me control my tongue; help me to be careful about what I say!” Psalm 141:3 (NCV)

“The fruit of the Spirit is love, joy, peace, and patience...” Gal. 5:22

5. “The fear of human opinion disables you; but trusting in God protects you from that.” Pr. 29:25 (Mes)

“Long ago, even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes!” Eph. 1:4 (NLT)