

5 ANGER BUSTERS
“SHOWING LOVE TO EACH OTHER”
1 Cor. 13 Part 6
Jeff Wall

*“Love ... is **not easily angered.**”* 1 Corinthians 13:5 (NIV)

*“Everyone should be quick to listen, slow to speak and **slow to become angry...**”*
James 1:19 (NIV)

“When Jesus noticed this, He was angry and said to His disciples, ‘Let the children come to me...’” Mark 10:14 (TEV)

The “Top Five” things you can do to not be easily angered:

#5. BREAK THE PATTERN OF ANGER

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

“If you cannot control your anger, you are as helpless as a city without walls, open to attack.” Proverbs 25:28 (TEV)

“‘In your anger, do not sin’: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” Ephesians 4:26-27 (NIV)

#4. GUARD YOUR RELATIONSHIPS

“Don't hang out with angry people; don't keep company with hotheads. Bad temper is contagious — don't get infected.” Proverbs 22:24-25 (Message)

“...wicked ambition ends in angry frustration.” Proverbs 11:23 (Message)

“A gentle response defuses anger, but a sharp tongue kindles a fire.”
Proverbs 15:1 (Message)

#3. RELEASE YOUR WORRIES TO GOD

“Stop your anger! Turn off your wrath. Don't fret and worry – it only leads to harm.”
Psalm 37:8 (TLB)

“Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. If you do this, you will experience God's peace...”
Philippians 4:6-7 (NLT)

#2. GET SOME REST !

Elijah in 1 Kings 19

“Then he lay down under the tree and fell asleep. All at once an angel touched him and said, ‘Get up and eat.’” 1 Kings 19:5 (NIV)

#1. CHANGE YOUR EXPECTATIONS !

“Be careful what you think, because your thoughts run your life.” Proverbs 4:23 (NCV)

“Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about.” Philippians 4:8 (TLB)

“I am the Lord, the merciful and gracious God. I am slow to anger and rich in unfailing love and faithfulness.” Exodus 34:6 (NLT)