

Listen To This
#6: How To Respond To Anger

1. Keep yourself _____

a) Be careful _____

I Samuel 27:18 *But when David's oldest brother, Eliab, heard David talking to the men, he was angry. "What are you doing around here anyway?" he demanded. "What about those few sheep you're supposed to be taking care of? I know about your pride and deceit. You just want to see the battle!"*

b) _____

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

2. Keep _____

Key: What's _____?

a) Ask good questions _____

James 1:19 *Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.*

b) _____

Proverbs 12:18 *Some people make cutting remarks, but the words of the wise bring healing.*

c) _____

Proverbs 14:29 *People with understanding control their anger; a hot temper shows great foolishness.*

d) Ask, "What do I _____?"

Matthew 5:43-44 *You have heard the law that says, 'Love your neighbor' and hate your enemy. But I say, love your enemies! Pray for those who persecute you! In that way, you will be acting as true children of your Father in heaven.*

4. _____

Proverbs 16:21 *The wise are known for their understanding, and pleasant words are persuasive.*

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Proverbs 29:8 *Mockers can get a whole town agitated, but the wise will calm anger.*

Proverbs 15:1 *A gentle answer deflects anger, but harsh words make tempers flare.*

a) Try to understand

Key: What's causing this pain?

Prov 14:17 Short-tempered people do foolish things, and schemers are hated.

Proverbs 12:18 *Some people make cutting remarks, but the words of the wise bring healing.*

consider the following:

1. **What am I not getting that I believe I really need, want, or deserve?**

We get angry if traffic is heavier than we thought. After a long day, we get angry with our kids if they are not being quiet enough. Our spouse disagrees with us. Another interruption at the office interferes with our train of thought. Each of these can disrupt what our hearts really want – control, comfort, the need to be right, etc. The problem with most of our desires is that they are focused on us.

2. **What do I have that am I fearful of losing?**

Sometimes anger reveals not what we want, but what we have, and are afraid of losing. Maybe it's a sense of control, someone's approval, or security. Often times when what we value most is threatened, we act out in anger to protect losing it. Is your anger revealing something you are fearful of losing?

"What am I really angry about?"

"What is the problem, and whose problem is it?"

"How can I sort out who is responsible for what?"

"How can I learn to express my anger in a way that will not leave me feeling helpless and powerless?"

"When I'm angry, how can I clearly communicate my position without becoming defensive or attacking?"

"What risks and losses might I face if I become clearer and more [assertive](#)?"

"If getting angry is not working for me, what can I do differently?"

These are the questions I address in [The Dance of Anger](#) (link is external), not with the go

2 Timothy 2:23 *Again I say, don't get involved in foolish, ignorant arguments that only start fights.*

Proverbs 31:26 *When she speaks, her words are wise, and she gives instructions with kindness.*

1. What am I thinking? (Basal ganglia- integrates feelings, thoughts and movements). 2. What am I feeling? (Basal ganglia- integrates feeling thoughts and movements) Temporal Lobes – emotional stability, name it to tame it – labeling affect.) 3. What do I want now? (Cerebellum – executive functions connects to Prefrontal Cortex (PFC), cognitive integration). 4. How am I getting in my way? Prefrontal Cortex – learning from mistakes. 5. What do I need to do differently now? (Prefrontal Cortex –the boss supervision of life – executive functioning planning goal setting, insight) (Anterior Cingulate Gyrus brain's gear shifter– sees options go from idea to idea).

Proverbs 26:5

Be sure to answer the foolish arguments of fools, or they will become **wise** in their own estimation.

Proverbs 10:13 *Wise words come from the lips of people with understanding...*

1. Develop a wise mind

Proverbs 16:23 *From a wise mind comes wise speech;*

Proverbs 14:3 *A fool's proud talk becomes a rod that beats him, but the words of the wise keep them safe.*

Proverbs 19:20

Get all the advice and instruction you can, so you will be **wise** the rest of your life.

Proverbs 12:14

Wise words bring many benefits

Proverbs 13:14

The instruction of the **wise** is like a life-giving fountain;

Proverbs 24:6

So don't go to war without **wise** guidance; victory depends on having many advisers.

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Proverbs 4:5

Get wisdom; develop good judgment. Don't forget my words or turn away from them.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Proverbs 4:7

Getting wisdom is the **wisest** thing you can do! And whatever else you do, develop good judgment.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Proverbs 13:20

Walk with the **wise** and become **wise**; associate with fools and **get** in trouble.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Proverbs 16:16

How much better to **get** wisdom than gold, and good judgment than silver!

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Proverbs 19:20

Get all the advice and instruction you can, so you will be **wise** the rest of your life.

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Proverbs 21:20

The **wise** have wealth and luxury, but fools spend whatever they **get**.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Proverbs 23:4

Don't wear yourself out trying to **get** rich. Be **wise** enough to know when to quit.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Proverbs 23:23

Get the truth and never sell it; also **get** wisdom, discipline, and good judgment.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Proverbs 29:8

Mockers can **get** a whole town agitated, but the **wise** will calm anger.

Proverbs 13:3

Those who control their **tongue** will have a long life; opening your mouth can ruin everything.