

## How Can I Manage My Anger?

### Anger Myths:

“Anger is \_\_\_\_\_”

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

“Anger is \_\_\_\_\_”

### Anger Mistakes:

We \_\_\_\_\_ it

*Each heart knows its own bitterness, and no one else can share its joy. (Proverbs 14:10)*

We \_\_\_\_\_ it

*An angry man stirs up dissension, and a hot-tempered one commits many sins. (Proverbs 29:22)*

*A hot-tempered man stirs up dissension, but a patient man calms a quarrel. (Proverbs 15:18)*

We \_\_\_\_\_ it

*Do not say, "I'll do to him as he has done to me; I'll pay that man back for what he did." (Proverbs 24:29)*

### Anger Management:

S \_\_\_\_\_

*A quick-tempered man does foolish things... (Proverbs 14:17)*

T \_\_\_\_\_

*Why am I angry?*

*The purposes of a man's heart are deep waters, but a man of understanding draws them out. (Proverbs 20:5)*

*What should I do about it?*

*A fool shows his annoyance at once, but a prudent man overlooks an insult. (Proverbs 12:16)*

R \_\_\_\_\_

*A man's wisdom gives him patience; it is to his glory to overlook an offense. (Proverbs 19:11)*

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

### What Now?

*some suggestions and resources:*

#### Read a Chapter A Day

Throughout the next six weeks, read the chapter in Proverbs that corresponds with the day of the month: January 18 / Proverbs 18; January 19 / Proverbs 19; etc.

**Go to <http://parkerhill.wordpress.com>** – where you will find weekly follow-up questions for you and your small group