

# Handling Anger in Your Home

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Building Strong Families Series  
Take Home Handout  
May 23, 2010

*"The fool who provokes his family to anger and resentment will finally have nothing left."*  
Proverbs 11:29 (LB)

## WHAT TO DO WHEN I AM ANGRY

### I. \_\_\_\_\_ MY ANGER.

*"Stop lying to each other; tell the truth... when we lie to each other we are hurting ourselves. If you are angry, don't sin by nursing your grudge."* Ephesians 4:25-26 (LB)

### II. \_\_\_\_\_ MY ANGER.

*"A patient man has great understanding but a quick tempered man displays folly."*  
Proverbs 14:39 (NIV)

Why am I angry? We get angry when we feel...

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**III. \_\_\_\_\_ WITH MY ANGER.**

*"Never let the sun set on your anger or else you will give the devil a foothold."*  
Ephesians 4:26-27 (JB)

*"You are only hurting yourself with your anger..."* Job 18:4 (GN)

**IV. \_\_\_\_\_ MY ANGER.**

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

1. \_\_\_\_\_ the cost.

*"A hot tempered man starts fights and gets into all kinds of trouble."* Proverbs 29:22 (LB)

*"People with hot tempers do foolish things."* Proverbs 14:17 (GN)

2. \_\_\_\_\_ before reacting.

*"... be quick to listen, slow to speak, and slow to become angry."* James 1:19 (NIV)

*"A stupid man gives free reign to his anger. A wise man waits and lets it grow cool."*  
Proverbs 29:11 (NEB)

3. \_\_\_\_\_ my anger appropriately

*"Do not use harmful words in talking. Use only helpful words, the kind that build up and provide what is needed..."* Ephesians 4:29 (GN)

4. \_\_\_\_\_ on Christ's help.

*"May God who gives patience... help you to live in complete harmony with each other - each with the attitude of Christ toward the other." Romans 15:5 (LB)*