

WHO'S PUSHING YOUR BUTTONS?

Relationship Series – Part 2

“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)

Pr. 15:18 (GN) *"Hot tempers cause arguments."*
Pr. 14:29 (LB) *"... anger causes mistakes."*
Pr. 14:17 (GN) *"People with hot tempers do foolish things."*

"Those who control their anger have great understanding; those with a hasty temper make mistakes." Pr. 14:29 (NLT)
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 (MSG)

*“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)