

10 COMMANDMENTS FOR DEALING WITH ANGER

series: **Emotions: God's Energizers** text: **select**

Last week we learned how to identify the many forms of unrighteous and unresolved anger in our lives. Today let's examine ten practical and biblical commands to deal with anger as we interact with others.

The High Cost of Anger:

1. **E** _____ (Prov. 30:33)
2. **S** _____ (Prov. 17:1; 21:9)
3. **P** _____ (Psa. 51:3-4)
4. **S** _____ (Eph. 4:26-32)

10 COMMANDMENTS FOR DEALING WITH ANGER:

- #1 - **L** _____ up.
- #2 - Don't push each other's **B** _____.
- #3 - Don't grab the **D** _____ by the Ear.
- #4 - Don't let the water out of the **D** _____.
- #5 - Don't rally the **T** _____.
- #6 - Engage your **B** _____ before opening your mouth.
- #7 - Talk to the other person as if you are talking to **G** _____.
- #8 - Be the **F** _____ to ask forgiveness.
- #9 - Act like a **M** _____ **G** _____.
- #10 - Bribe them with a **G** _____ in secret!

Key Word: