

Ten Commandments for Dealing with Anger

Series: **Summer of Wisdom** Text: **Proverbs**

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Proverbs is so practical, and gives us wisdom in dealing with our emotions and relationships. The writer of Proverbs speaks often about the subject of anger.

The High Cost of Anger:

1. **E**_____.
2. **S**_____.
3. **P**_____.
4. **S**_____.

Dealing with Anger:

1. **Thou shalt be more tolerant of other's shortcomings.**
(Prov. 19:11; 1 Pet. 4:8)
L_____ **U**_____.
2. **Thou shalt not provoke others to anger.**
(Prov. 20:2; Eph. 6:4)
Don't push each other's **B**_____.
3. **Thou shalt not knowingly put yourself in a situation where you know you'll get angry.**
(Prov. 20:3; 22:24-25; 26:17)
Don't grab the **D**_____ by the **E**_____.
4. **Thou shalt stop a quarrel before it gets out of control.**
(Prov. 17:14).
Don't let the **W**_____ out of the dam.

5. **Thou shalt not talk behind another's back.**
(Prov. 26:20)
Don't rally the **T**_____.
6. **Thou shalt think before you talk.**
(Eph. 4:29)
Engage your brain before opening your **M**_____.
7. **Thou shalt lower your voice.**
(Prov. 15:1)
Talk to the other person as if you were talking to **G**_____.
8. **Thou shalt forgive and seek forgiveness.**
(Matt. 5:21-24; Eph. 4:31-32)
Be the first to ask **F**_____.
9. **Thou shalt consider the other person's needs as more important than your own.**
(Phil. 2:3-4)
Act like a mountain **G**_____.
10. **Thou shalt love in word and deed.**
(Prov. 10:12; 21:14)
B_____ them a gift in secret!