

WHO'S PUSHING YOUR BUTTONS?

You Make Me Crazy – Rick Warren
Parts 1-3

"If you cannot control your anger you are as helpless as a city without walls, open to attack." Proverbs 25:28 (GNT)

*"A fool is quick-tempered, but a wise person stays calm when insulted."
Proverbs 12:16 (NLT)*

"It is better to be patient than powerful; it is better to have self-control than to conquer a city." Proverbs 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." Genesis 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?" Jeremiah 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." Proverbs 29:22 (NCV)

"Hot tempers cause arguments." Proverbs 15:18 (GNT)

"Anger causes mistakes." Proverbs 14:29 (TLB)

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

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

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

3. _____
"Sensible people always think before they act." Proverbs 13:16

*"A fool gives full vent to anger, but a wise person quietly holds it back."
Proverbs 29:11 (NLT)*

*"A gentle answer quiets anger, but a harsh one stirs it up."
Proverbs 15:1 (GNT)*

"A truly wise person uses few words; a person with understanding is even-tempered." Proverbs 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." Galatians 5:22

5. _____
"The fear of human opinion disables you; but trusting in God protects you from that." Proverbs 29:25 (The Message)

"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!" Ephesians 1:4 (NLT)