

## WHO'S PUSHING YOUR BUTTONS?

You Make Me Crazy  
Rick Warren & Tom Holladay

"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)

"Better to be patient than powerful; better to have self-control than to conquer a city."  
Proverbs 16:32 (NLT)

## WAYS PEOPLE EXPRESS ANGER

- Example: Cain  
"Cain was very angry, and his face was downcast . . . While they were in the field, Cain attacked his brother Abel and killed him." Genesis 4:5, 8 (NIV)
- 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 (GNT)
- Example: The Prodigal's Brother  
"The older brother was so angry he would not go in the house; so his father came out and begging him to come in." Luke 15:28 (GNT)
- Example: The Pharisees  
"The Pharisees and the teachers of the law were furious and began to discuss with one another what they might do to Jesus." Luke 6:11 (NIV)

## HOW TO DISARM YOUR BUTTON-PUSHERS

1. 

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"An angry person causes trouble; 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)

"People with understanding control their anger; a hot temper shows great foolishness." Proverbs 14:29 (NLT)
2. 

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"A person's wisdom yields patience; it is to one's glory to overlook an offense."  
Proverbs 19:11 (NIV)
3. 

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"Sensible people always think before they act." Proverbs 13:16 (GNT)

"Fools vent their anger, but the wise quietly hold 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. 

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"Lord, help me control my tongue; help me be careful about what I say."  
Psalm 141:3 (NCV)

"The Spirit produces the fruit of love, joy, peace, patience."  
Galatians 5:22 (NCV)
5. 

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

"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)