



## How to manage anger

James 1:19-20

1. Be quick to \_\_\_\_\_ and slow to \_\_\_\_\_.  
Proverbs 10:19
2. Be slow to become \_\_\_\_\_.  
Proverbs 19:19
3. When we get angry we should remain \_\_\_\_\_.  
Proverbs 29:11

**July 14, 2019**  
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**Series: "Proverbs: The Way of Wisdom" - Part 5 of 8**  
**Message: "The Danger of Anger"**

### Big idea

Anger is a human emotion given to us by God but expressed in the wrong way can lead to sin.

### What anger can do

1. Anger can \_\_\_\_\_ you and others.  
Proverbs 16:14
2. Anger can destroy our most important \_\_\_\_\_.  
Proverbs 21:9,19
3. Anger can be dangerously \_\_\_\_\_.  
Proverbs 22:24-25

#### MY NEXT STEP TODAY IS TO:

- What have you seen anger do in your life?
- Are you more like a turtle or skunk when angry?
- Identify the triggers of your anger.
- What is one step you can take to manage your anger?
- Read **The Anger Trap** by Dr. Les Carter.
- Reach out to Journey to Hope Counseling and inquire about their anger management resources.
- Trust and follow Jesus today.

*We exist to help people trust and follow Jesus.*