

## Relationships That Heal Part 2

*When you get angry do not sin.* **Ephesians 4:26**

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

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

*It's better to be patient than powerful; it is better to have self-control than to conquer a city.*  
**Proverbs 16:32**

### UNHEALTHY WAYS TO EXPRESS ANGER

---

*Cain became furious and he scowled in anger ... and while they were in the field Cain attacked his brother, Able, and killed him.* **Genesis 4:5**

---

*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**

---

*The elder brother was so angry he would not go into the party.* **Luke 15:28**

---

### PRACTICAL REMEDIES

---

*Hot tempers cause arguments.* **Proverbs 15:18**

*People with hot tempers do foolish things.* **Proverbs 14:27**

I always lose when I lose my temper

Anger destroys relationships faster  
than almost anything else

*Those who control their anger have great understanding; those with hasty tempers make mistakes. **Proverbs 14:29***

---

Don't respond to what they're saying  
Look at why they're saying what they're saying

*A man's wisdom gives him patience; it is to his glory to overlook an offense. **Proverbs 19:11***

---

*Sensible people always think before they act. **Proverbs 13:16***

*A fool gives full vent to his anger but a wise person quietly holds it back. **Proverbs 29:11***

What kind of person do I want to be at the moment?  
Because once I know WHO I want to be, I'll know  
WHAT I'm supposed to do or say

*A gentle answer quiets anger, but a harsh response stirs it up. **Proverbs 15:1***

*Lord, help me control my tongue; help me be careful what I say. **Psalm 141:3***

---

*The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. **Galatians 5:22***

Building Your Identity On Jesus

*The fear of human opinion disables you; but trusting in God protects you. **Proverbs 29:25***

*Long ago, even before God made the world, God loved us ... Before He made the world, God loved us and chose us ... Before He made the universe He chose us in Christ to be holy and without fault in His eyes. **Ephesians 1:4***