

Don't Lose It

WORLD'S GREATEST WISDOM, PART 5

Nathaniel Sorensen * July 8, 2018 * New Life Vineyard

Patience is better than power, and controlling one's temper, than capturing a city.

Proverbs 16:32

Anger is a _____ emotion

*Be angry **and** do not sin. Don't let the sun go down on your anger, and don't give the Devil an opportunity.*

Ephesians 4:26-27

THREE TOOLS FOR CONTROLLING ANGER

1. _____ the Results

An angry man stirs up conflict, and a hot-tempered man increases rebellion.

Proverbs 29:22

The one who brings ruin on his household will inherit the wind.

Proverbs 11:29

2. _____ Before Reacting

A fool gives full vent to his anger, but a wise man holds it in check.

Proverbs 29:11

What you do with your anger is a _____.

A person's insight gives him patience and his virtue is to overlook an offense.

Proverbs 19:11

What you get upset over shows the depth

of your _____.

One who keeps a cool head is a man of understanding.

Proverbs 17:27

Three Key Reasons for Anger

1. *Because we're hurt*
2. *Because our plans are frustrated*
3. *Because we're insecure*

3. _____ Your Remarks

The one who guards his mouth and tongue keeps himself out of trouble.

Proverbs 21:23

A gentle answer turns away anger, but a harsh word stirs up wrath.

Proverbs 15:1

**All scriptures from HCSB unless otherwise noted*