

The Danger of Anger...



*Bobby Cutts, 30, told the jury that he swung his elbow at Davis during a **confrontation** in her bedroom when she refused to allow him to leave her home. The blow to her throat, which he testified happened after she bit his finger, knocked her back, killing her...*



Anger can cause you to do things that you never thought you would do...

Anger

Describe this powerful emotion...

Anger is defined as...

*A strong feeling of displeasure
or hostility*

Anger

*Can you think of a time when you
were really angry?
How did you feel?*

Anger is a natural emotion...

- God gets angry
 - Psalm 7: 11-13
- Jesus gets angry
 - Mark 3: 1-5

Anger is a natural emotion, but as human beings, we struggle with how to control our anger. 50% of people who receive counseling also have a problem controlling their anger....

Anger can cause you to say some things you never thought you would say...

Here are some scriptures on the danger and power of the tongue...

- Romans 3: 13-14
- Proverbs 10: 19
- Proverbs 17: 20
- Proverbs 21: 23
- James 1: 26
- James 3: 8

Life Lesson: Watch what you say and how you say it—because the reality is that you can't take it back...

What the Bible Says About

Anger...

- Ephesians 4: 26-27, 29, 31
- Proverbs 15: 1-2
- James 1: 19-20
- Proverbs 29: 11

Life Lesson: Be slow to get angry. Out of control anger can cause you to do something you will regret.

*What the Bible Says About **Anger?***
Wisdom in the Book of Proverbs

- Proverbs 6: 34
- Proverbs 14: 17
- Proverbs 14: 29
- Proverbs 16: 32
- Proverbs 19: 11
- Proverbs 19: 19
- Proverbs 22: 24, 25
- Proverbs 24: 17, 18

*Life Lesson: If your anger gets
the best of you, it can cause you
to do something foolish.*

***Slow down. Take a deep breath. Try
to resolve issues you have with
another person in a friendly manner
before anger gets control of you...***

Managing Your Anger

- What's really bothering you?
- Understand what provokes you
- De-escalate or calm down, get away from the situation
- Examine your options. What can you do instead of getting anger about it?
- Exercise (burn off some steam)
- Have a sense of humor
- Talk to others for support
- Think about the consequences of your actions before you do anything