

Managing Your Anger in Crisis

1. Realize the cost of _____ anger.

Pro. 29:22

Pro. 14:29

Pro. 14:17

Pro. 11:29

2. Resolve to _____ your anger.

Pro. 29:11

3. Reflect before _____.

James 1:19-20

4. Release your anger _____.

Ephesians 4:26

5. Re-pattern your _____.

Romans 12:2

6. Ask God to _____ you with His _____.

1st Cor. 13:5