

HOW TO RESPOND TO YOUR **ANGER**



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How to respond to your anger:

- Ask what you can do to solve the problem that is causing anger. (find your triggers)
- Take a few minutes to think and calm down before responding, to avoid reacting. (and then regretting it)
- Don't try to win the battle in your own strength. Ask God to help you gain control over your anger
- Apologize to your kids whenever you do lose it and get angry. Look to God's Word for answers, and seek His help daily in prayer.



JAMES 1:19

WHEREFORE, MY BELOVED
BRETHREN, LET EVERY MAN
BE SWIFT TO HEAR, SLOW
TO SPEAK, SLOW TO WRATH.

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ECCLESIASTES 7:9

BE NOT HASTY IN THY SPIR-
IT TO BE ANGRY: FOR ANGER
RESTETH IN THE BOSOM OF
FOOLS.

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EPHESIANS 4:26

BE YE ANGRY, AND SIN NOT:
LET NOT THE SUN GO DOWN
UPON YOUR WRATH.

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PROVERBS 16:32

HE THAT IS SLOW TO ANGER
IS BETTER THAN THE
MIGHTY; AND HE THAT
RULETH HIS SPIRIT THAN
HE THAT TAKETH A CITY.

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PROVERBS 25:28

HE THAT HATH NO RULE
OVER HIS OWN SPIRIT IS
LIKE A CITY THAT IS
BROKEN DOWN, AND
WITHOUT WALLS.

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PROVERBS 15:1

A SOFT ANSWER TURNETH
AWAY WRATH: BUT
GRIEVOUS WORDS STIR UP
ANGER.

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ROMANS 8:37

NAY, IN ALL THESE THINGS
WE ARE MORE THAN CON-
QUERORS THROUGH HIM
THAT LOVED US.

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MATTHEW 19:26

JESUS BEHELD THEM, AND
SAID UNTO THEM, WITH
MEN THIS IS IMPOSSIBLE;
BUT WITH GOD ALL THINGS
ARE POSSIBLE.

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PHILIPPIANS 4:13
I CAN DO ALL THINGS
THROUGH CHRIST WHICH
STRENGTHENETH ME.

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PSALM 121:1,2
I WILL LIFT UP MINE EYES
UNTO THE HILLS, FROM
WHENCE COMETH MY
HELP. MY HELP COMETH
FROM THE LORD, WHICH
MADE HEAVEN AND EARTH.

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