

Catching Your Breath

ANGER: PRACTICAL HELP WITH A POWERFUL EMOTION

1. Eliminate _____

Jeremiah 2:25 (Msg) *"Slow down. Take a deep breath. What's the hurry? Why wear yourself out? Just what are you after anyway?"*

Proverbs 21:5 *Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.*

Psalms 46:10 *Be still, and know that I am God.*

Isaiah 26:8 (Msg) *We're in no hurry, God. We're content to linger in the path sign-posted with your decisions. Who you are and what you've done are all we'll ever want.*

Philippians 4:6-7 *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

2. Downsize _____

- Write a _____ list
- Learn to _____
- Learn to say _____

3. Admit Your _____

“The person who can own up to mistakes is greater than the one who knows how to avoid making them.”

James 3:2 *We all make many mistakes, but those who control their tongues can also control themselves in every other way.*

4. _____ More

Proverbs 17:22 A cheerful heart is good medicine, but a crushed spirit dries up the bones.

“The more serious we are about life, the more effort it takes to see the humorous side of it. The more serious we are about life, the easier it is for anger to express itself. The less we laugh, the more anger we experience. The more we laugh, the less anger we experience. Instead of taking life and ourselves so seriously, we need to be able to laugh at both.” - Chip Ingram

Ecclesiastes 3:4 ...a time to weep and a time to laugh, a time to mourn and a time to dance..

5. Take Care of _____

6. Know Your _____

Psalm 23 God, my shepherd! I don't need a thing. 2 You have bedded me down in lush meadows, you find me quiet pools to drink from. 3 True to your word, you let me catch my breath and send me in the right direction. 4 Even when the way goes through Death Valley, I'm not afraid when you walk at my side. Your trusty shepherd's crook makes me feel secure 5 You serve me a six-course dinner right in front of my enemies. You revive my drooping head; my cup brims with blessing. 6 Your beauty and love chase after me every day of my life. I'm back home in the house of God for the rest of my life.