

When they spew on you

ANGER: PRACTICAL HELP WITH A POWERFUL EMOTION

Seven steps in dealing with an angry person

1. _____
2. _____
3. _____

Proverbs 18:13 Spouting off before listening to the facts is both shameful and foolish.

Philippians 2:3-4 Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. 4 Don't look out only for your own interests, but take an interest in others, too.

4. Seek to _____
5. _____ your understanding.
6. Share your _____.
7. _____ and clarify _____.

Two things NOT to do

1. Seek to _____ or _____.
2. Respond with _____.

Proverbs 26:4-5 Don't answer the foolish arguments of fools, or you will become as foolish as they are. 5 Be sure to answer the foolish arguments of fools, or they will become wise in their own estimation.

Proverbs 15:1 A gentle answer deflects anger, but harsh words make tempers flare.

Six things to give

1. _____

Ephesians 4:29 Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

2. _____

3. _____

THE _____ TO ENDURE INCONVENIENCE, DELAY, OR ANNOYANCE; THE ABILITY TO BEAR PAIN OR TRIAL WITHOUT _____.

4. Calm _____

5. _____

2nd Corinthians 6:6 We prove ourselves by our purity, our understanding, our patience, our kindness, by the Holy Spirit within us, and by our sincere love.

6. _____

James 1:2 Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy.