

Welcome Back!

Honor God Make Disciples



EVERY NATION
CHURCH · PENANG

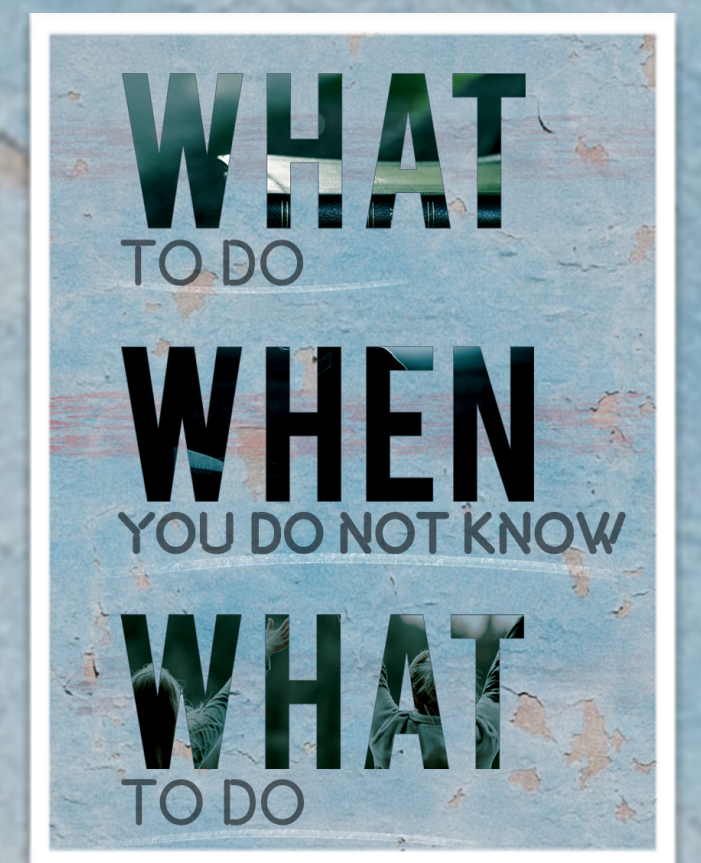
WHAT
TO DO

WHEN
YOU DO NOT KNOW

WHAT
TO DO

WHAT IS WISDOM?

- The ability **to APPLY** what you know and **to LIVE** how you should in everyday's life (best from God's perspective)



Rage & Aggression on the road

Nearly

80%

of drivers expressed significant anger, aggression or road rage behind the wheel at least once in the past year.



AAA.com/PreventRoadRage





Proverbs 16:32 ESV

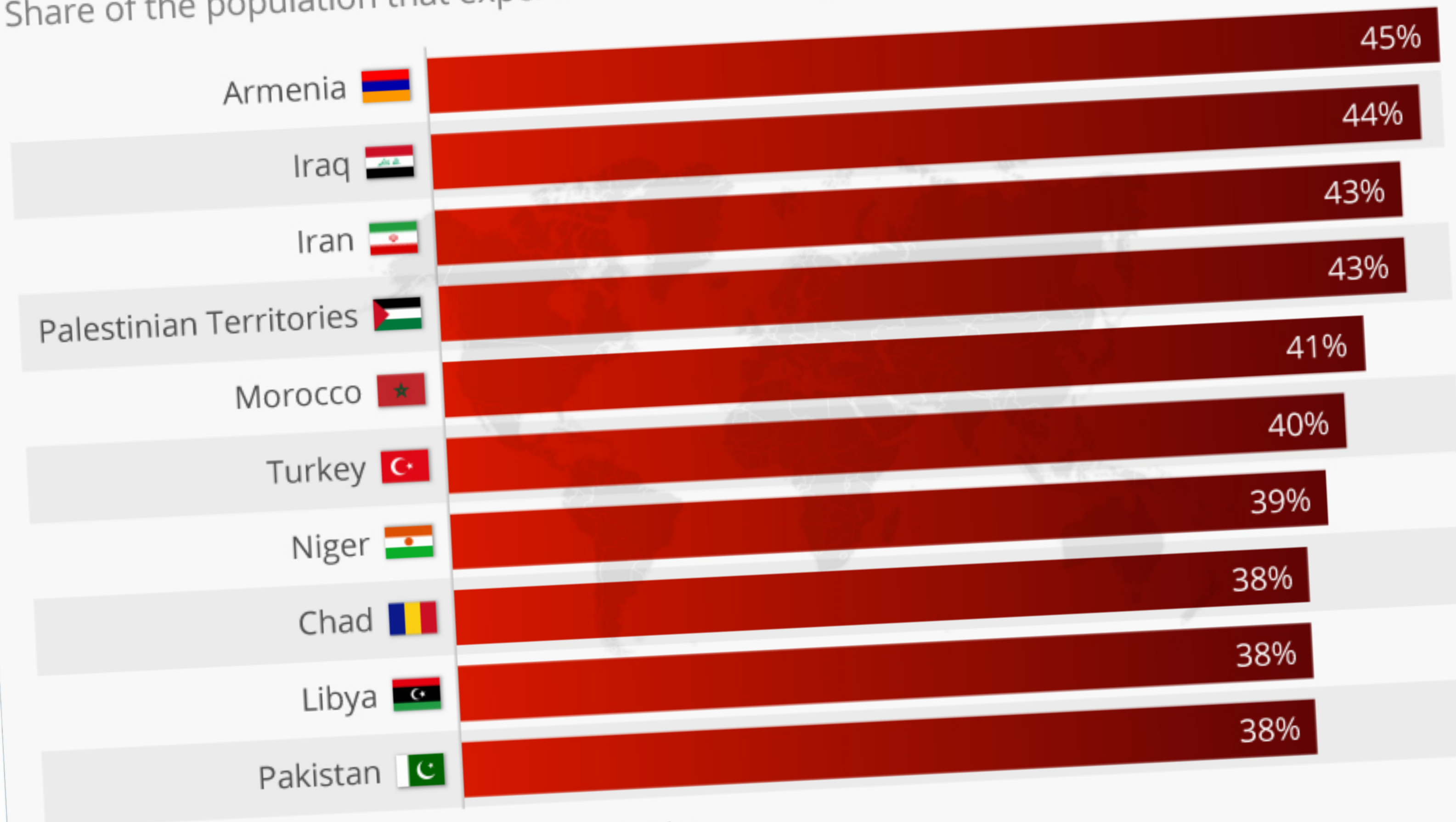
*“Whoever is **slow to anger** is better than the mighty, and he who rules his spirit than he who takes **a city**.”*

TLB : *“It is better to be **slow-tempered** than famous; it is better to have self-control than to control **an army**.”*



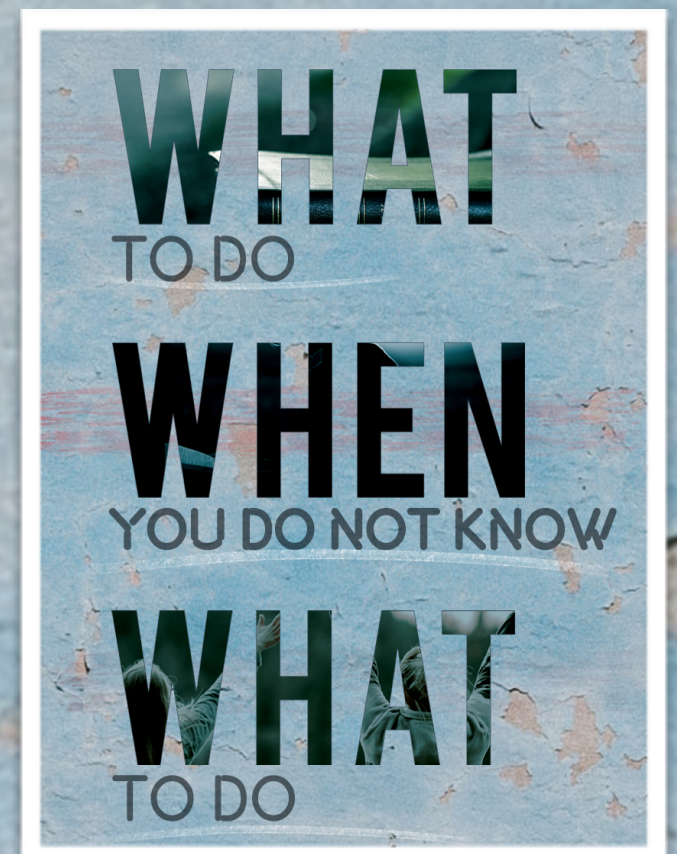
The World's Angriest Countries

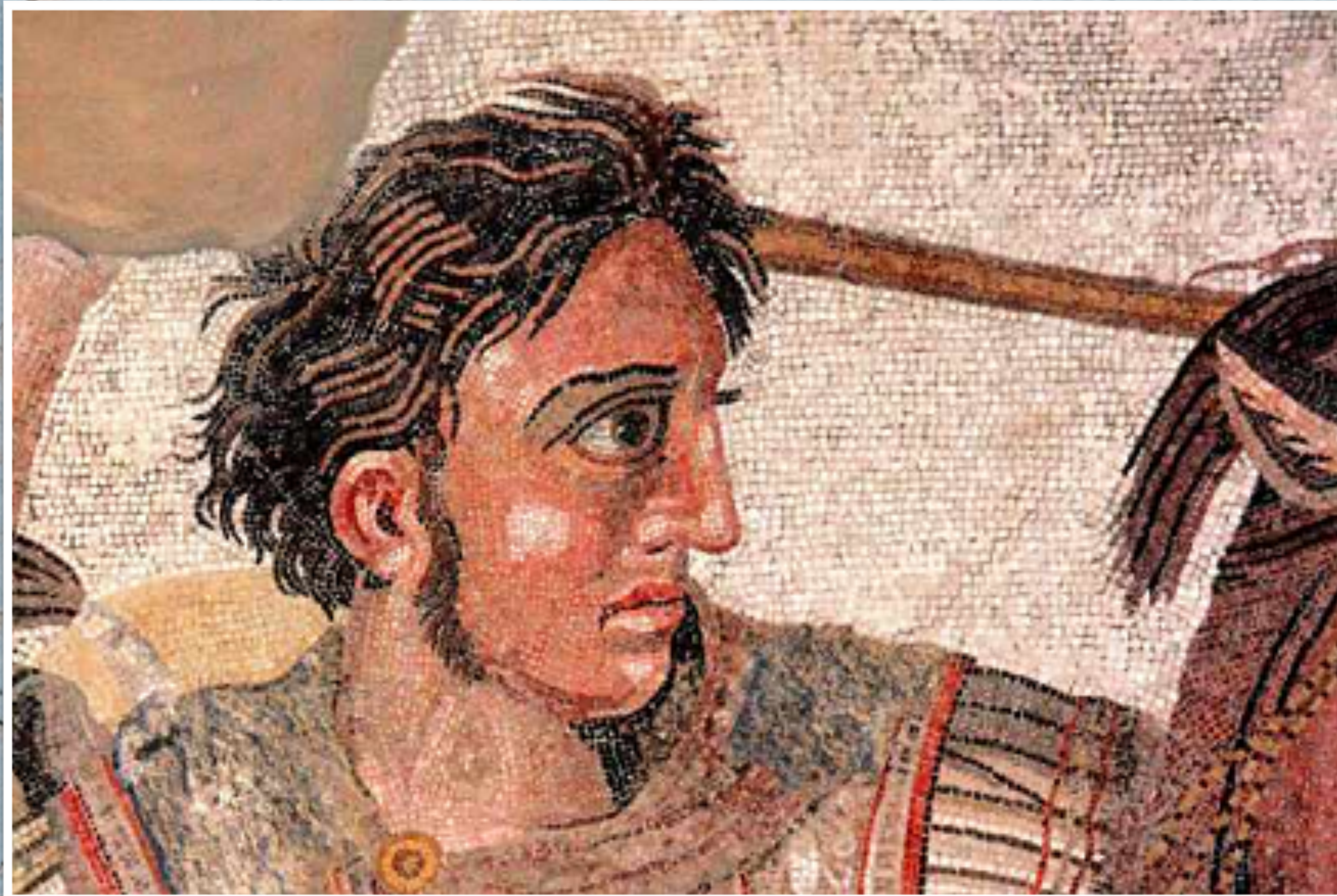
Share of the population that experienced a lot of anger yesterday (2018)*



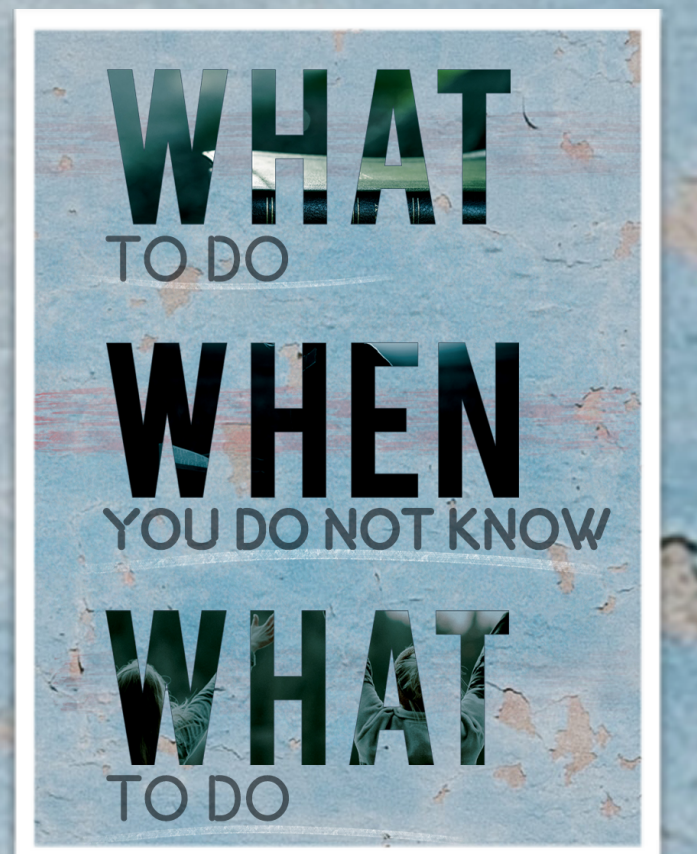
* Based on interviews with 1,000 adults throughout 2018 in 143 countries.

Source: Gallup 2019 Global Emotions Report





Alexander the Great

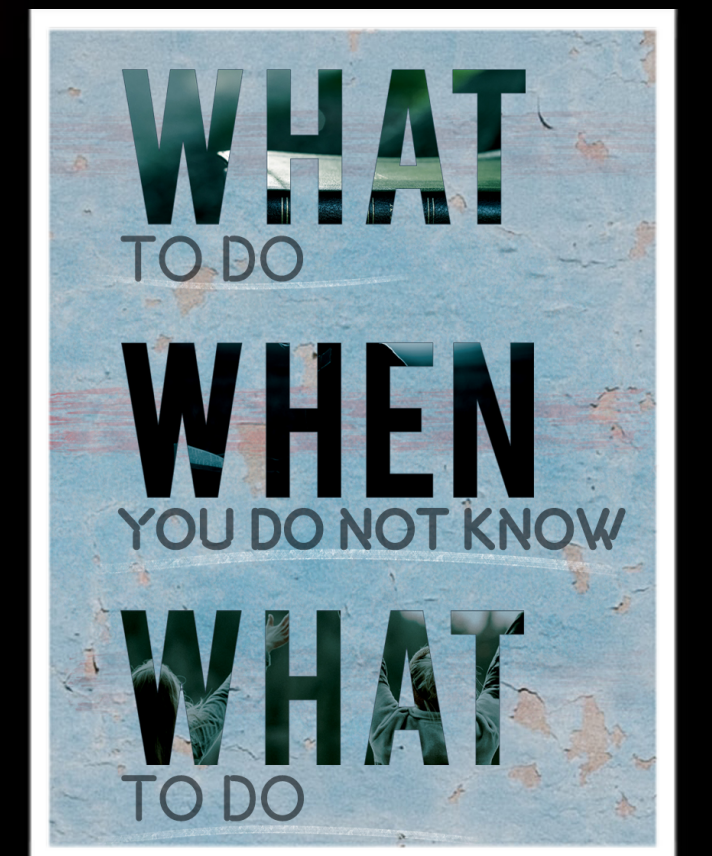


Part 9 :

HOW TO CONTROL YOUR ANGER?

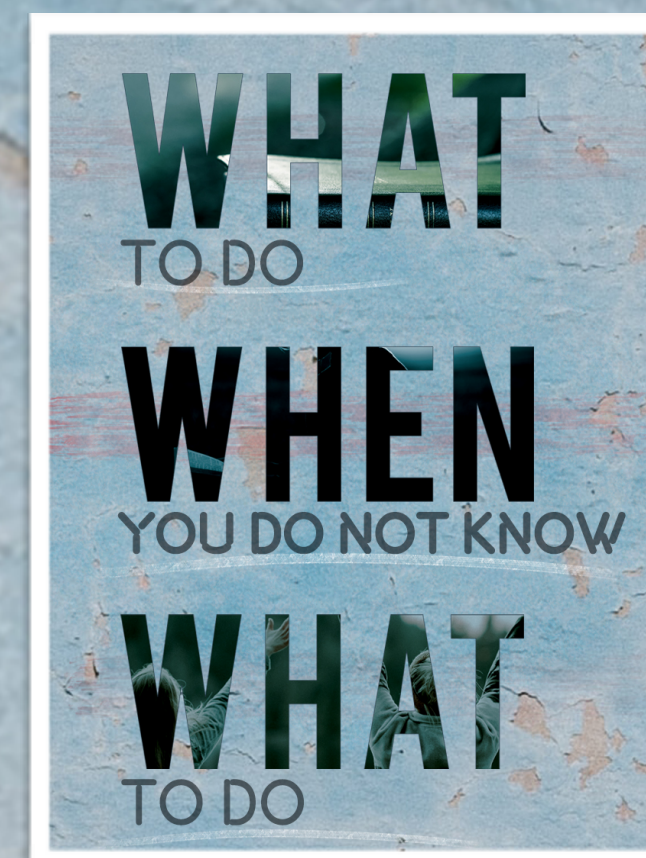


3 Keys



I. REMEMBER

The Outcome



Proverbs 29:22 TLB

*“A hot-tempered man **starts fights** and **gets into all kinds of trouble.**”*



Proverbs 15:18 GNT

*“Hot tempers **cause arguments**, but
patience brings peace.”*

TLB : *“A quick-tempered man starts
fights; a **cool-tempered** man tries to stop
them.”*



Proverbs 14:29 TLB

*“A wise man controls his temper. He knows that **anger causes mistakes.**”*

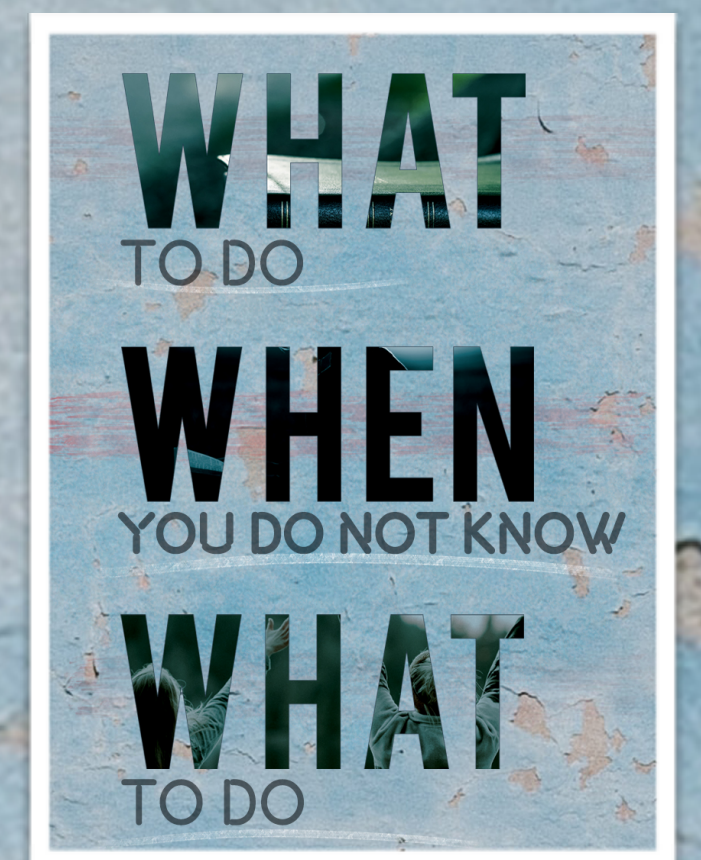
GNT : *“If you stay calm, you are wise, but if you have a hot temper, **you only show how stupid you are.**”*



Proverbs 14:17 GNT

*“ People with a hot temper **do foolish things**; wiser people remain calm*

TLB : *“A short-tempered man **is a fool.**
He hates the man who is patient.”*



Proverbs 11:29 TLB

*“ The fool who **provokes** his family to **anger and resentment** will finally have **nothing worthwhile left**. He shall be the servant of a wiser man.*

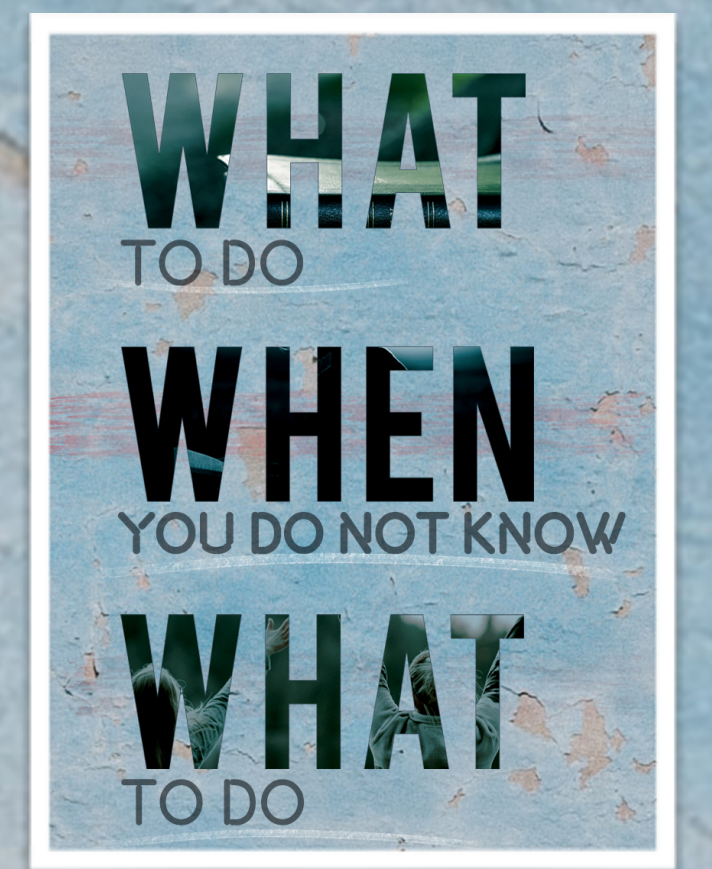






2. REFLECT

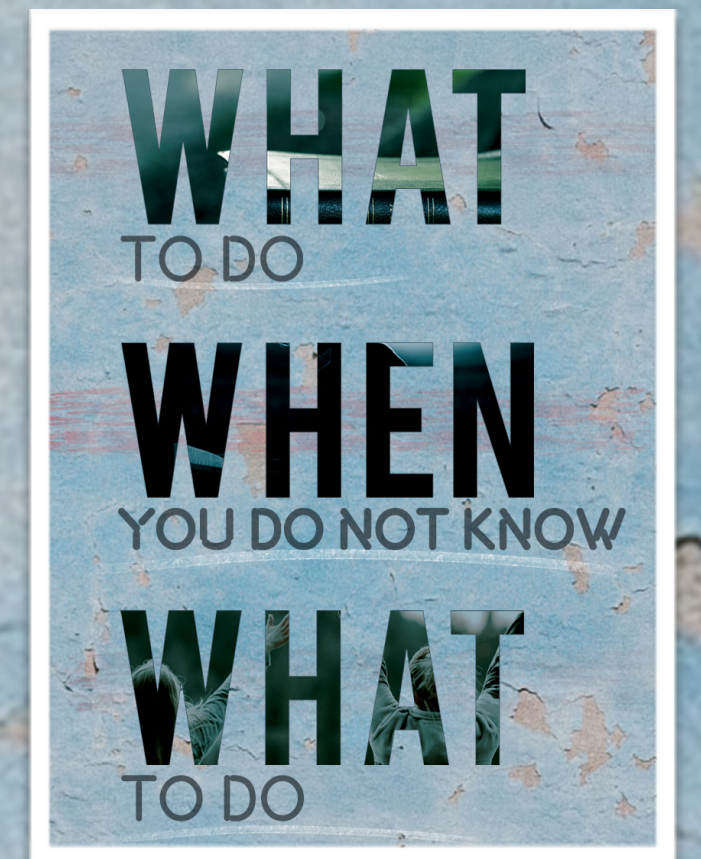
Before Reacting



Proverbs 29:11 TLB

***“A rebel shouts in anger;
a wise man holds his temper in and cools it.***

**GNT : “Stupid people express their
anger openly,
but sensible people are patient and hold it
back.”**

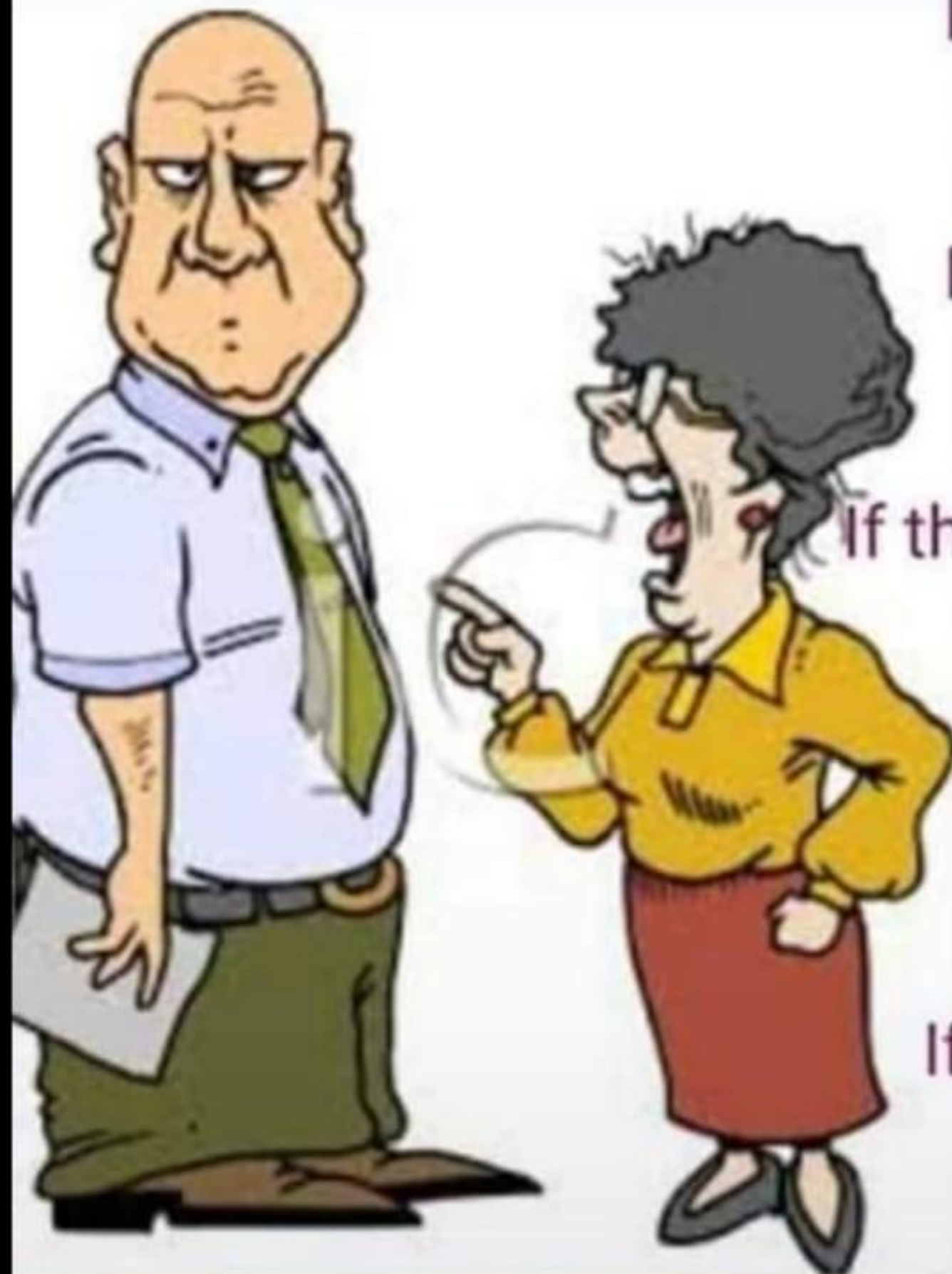


“When angry, count to
ten before you speak;
if very angry,
count to a hundred.”

-Thomas Jefferson



ANGER MANAGEMENT



Angry with someone?
Think before you talk..

If the person is junior to you..
count upto 10 and then talk.

If the person is Equal to you..
count upto 30 and talk..

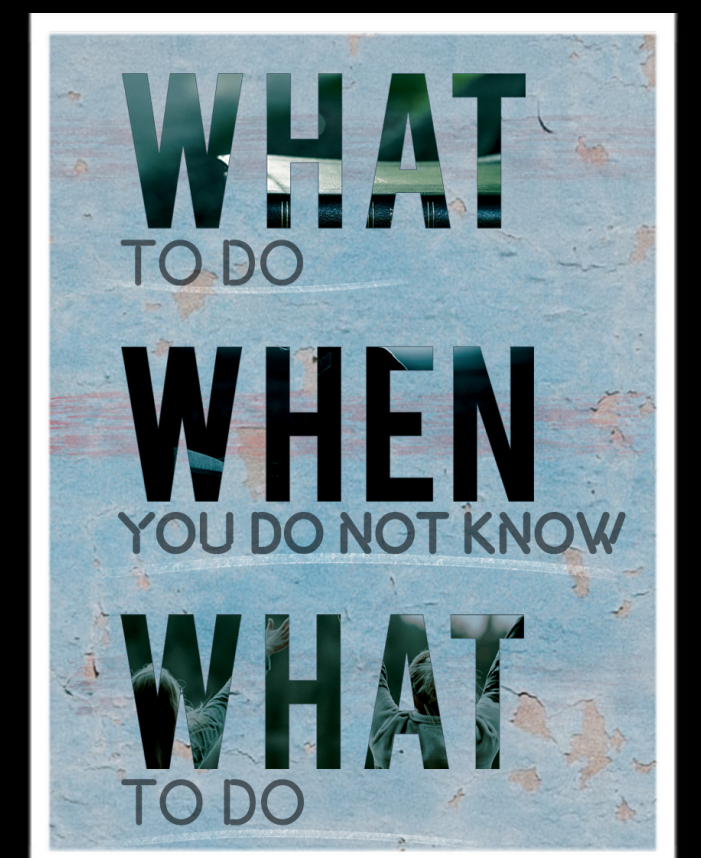
If the person is Your senior to you
then count 50, then talk..

If the person is your wife..
keep counting..don't talk!

If the person is your husband...
keep talking don't count!

keep talking don't count!
if the person is your husband...

WHAT to do when you are ANGRY?

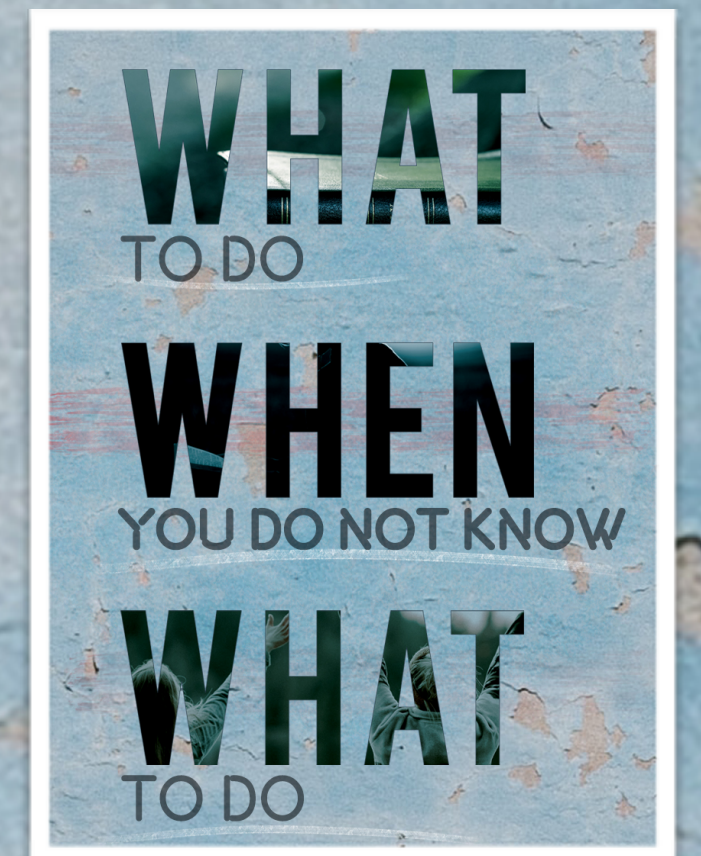


Proverbs 12:16 TLB

*“A fool is quick-tempered,
**but a wise person stays calm when
insulted.***

GNT :

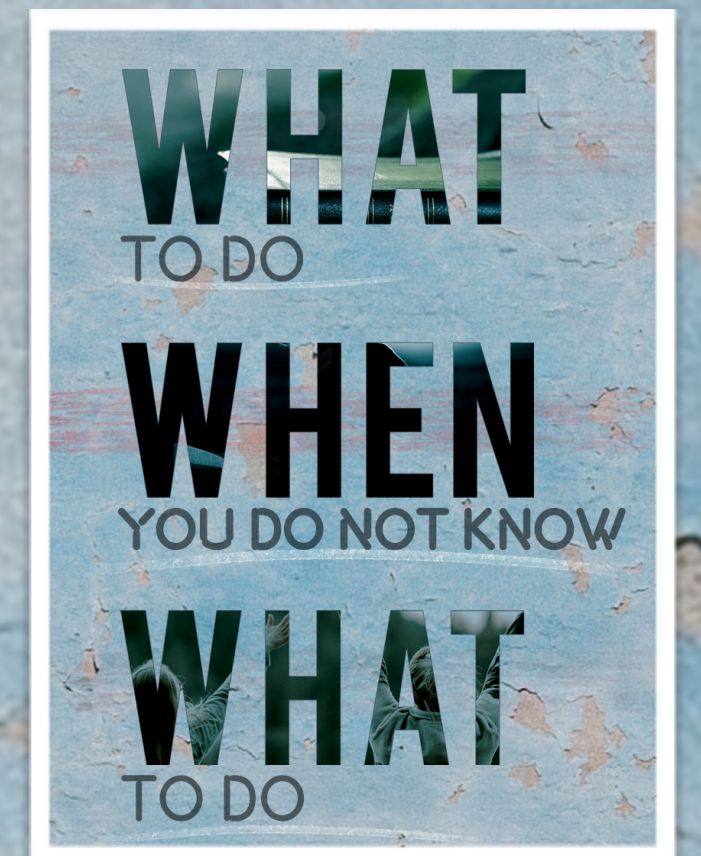
*“When a fool is annoyed, he quickly lets it be known.
Smart people will ignore an insult.*



Proverbs 19:11 TLB

“Sensible people control their temper; they earn respect by overlooking wrongs.”

GNT : *“If you are sensible, you will control your temper. When someone wrongs you, it is a great virtue to ignore it.”*



Anger Iceberg

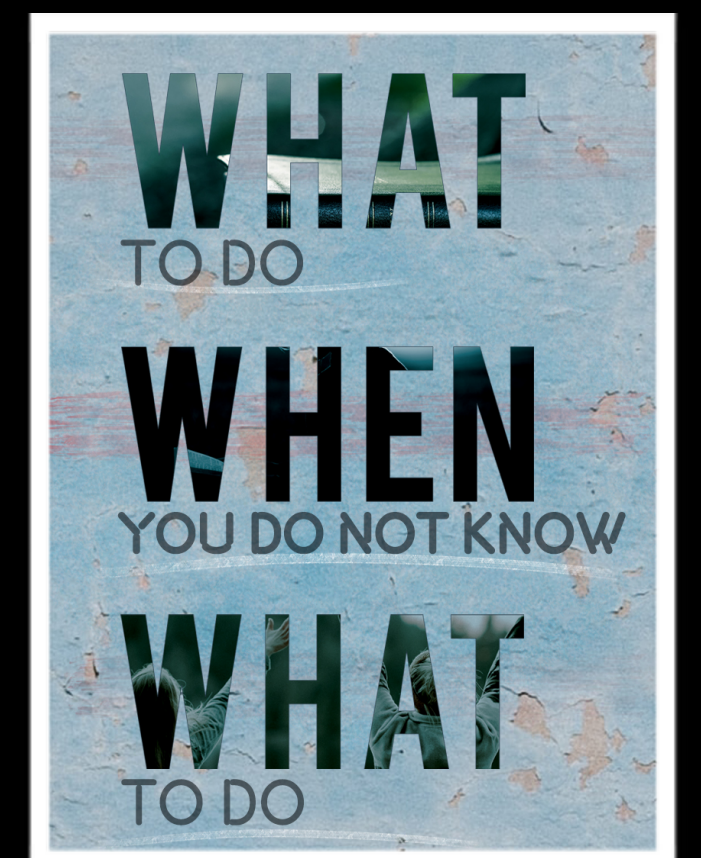
Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.

Angry

embarrassed scared grief
shame tricked overwhelmed
frustrated depressed disgusted
distrustful grumpy stressed
attacked rejected helpless
guilt trapped nervous anxious
trauma annoyed exhausted envious
disrespected unsure offended
disappointed lonely hurt
uncomfortable regret worried insecure

WHY do
people get
ANGRY?





DANGER

A warning that
something is wrong
under the hood

*Hurts
Frustrated
Insecured*

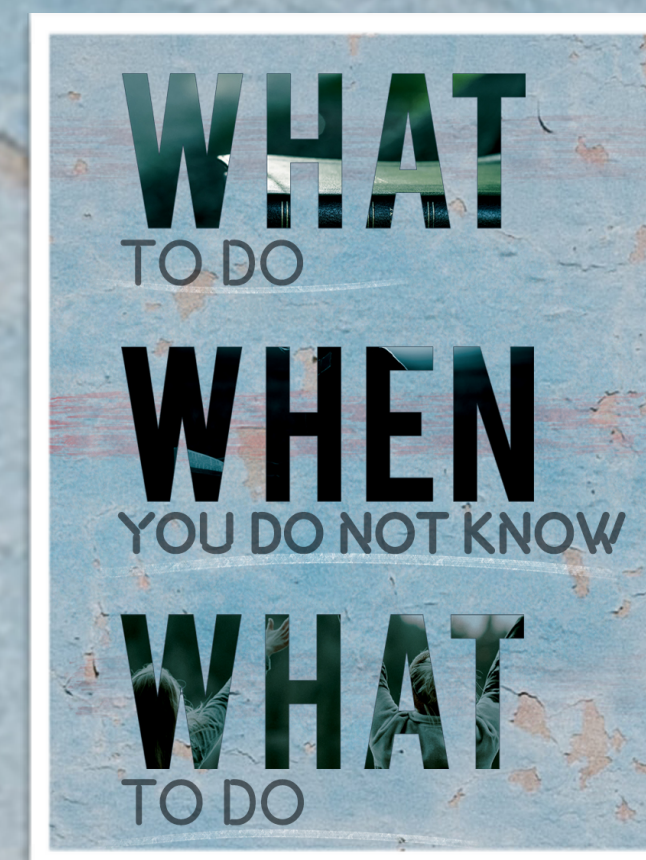
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Proverbs 17:27 GNT

*“Those who are sure of themselves do not talk all the time. **People who stay calm have real insight.**”*



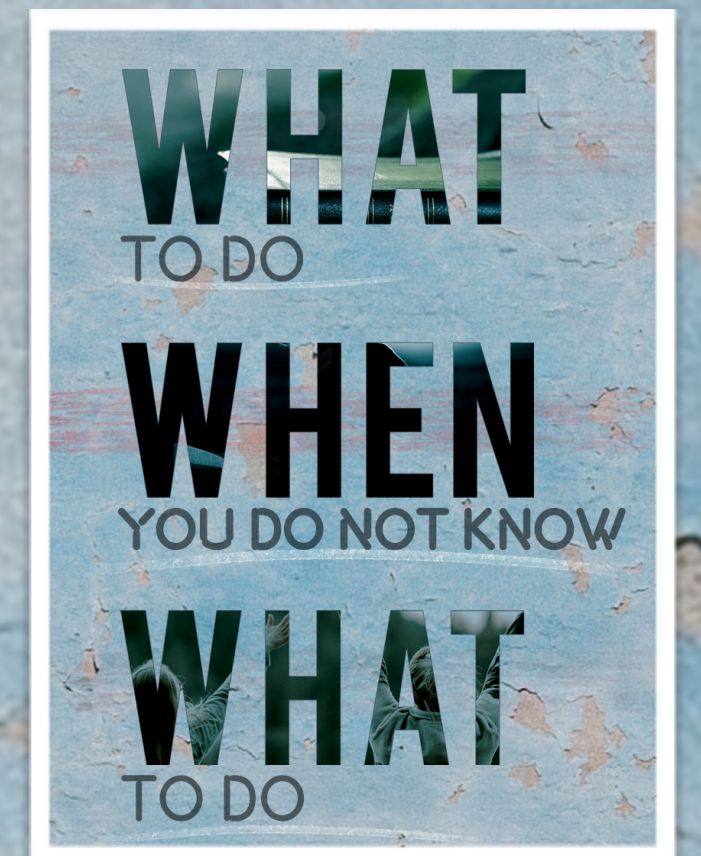
3. RESTRAIN Your Remarks



Proverbs 21:23 TLB

***“Whoever keeps his mouth and his tongue,
keeps himself out of trouble.”***

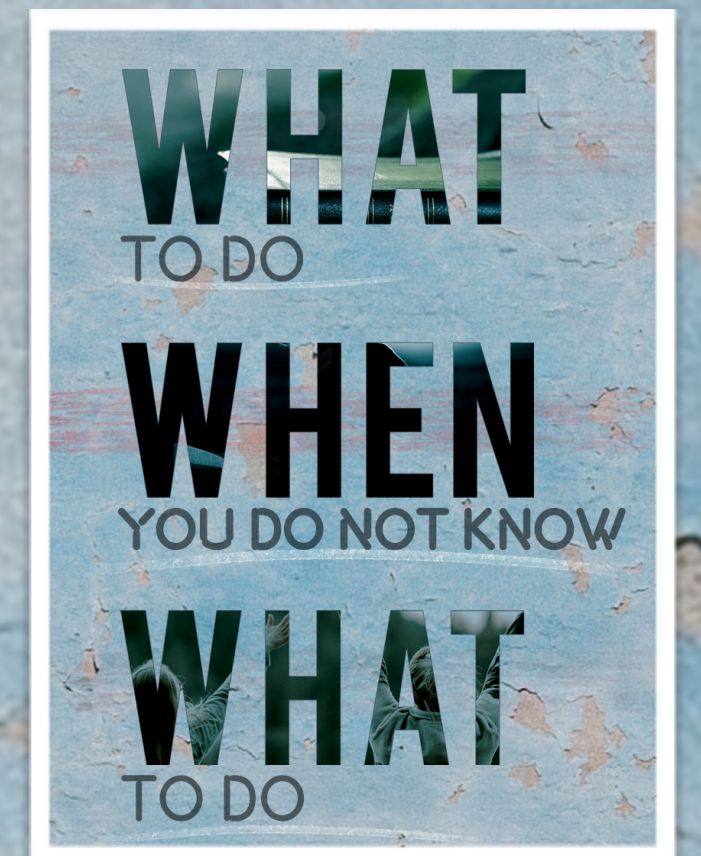
**GNT : *“If you want to stay out of trouble,
be careful what you say.”***



Proverbs 15:1 ESV

***“A soft answer turns away wrath,
but a harsh word stirs up anger.***

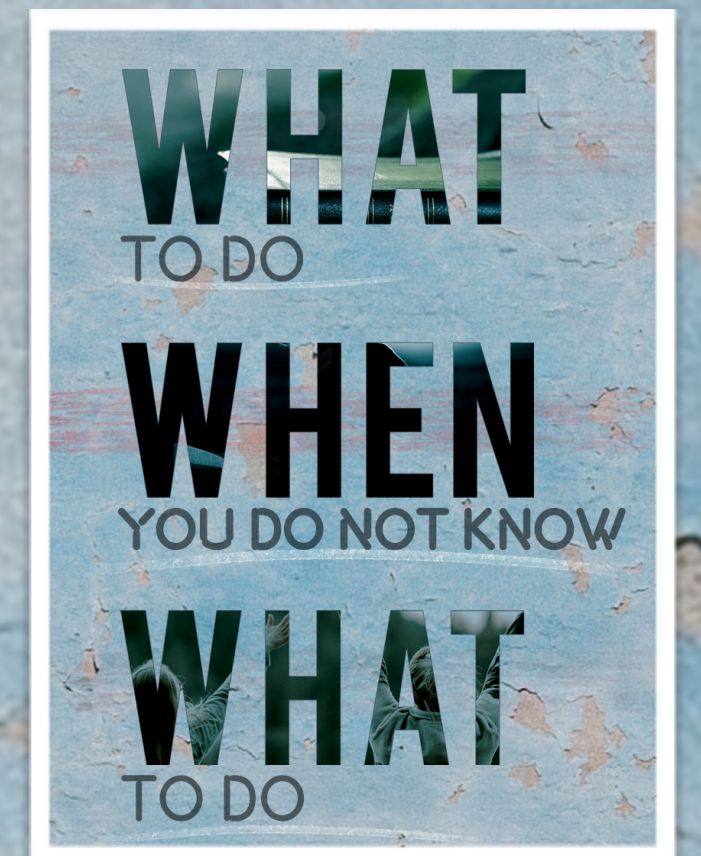
**GNT : *“A gentle answer quiets anger,
but a harsh one stirs it up.***



Proverbs 22:24-25 ESV

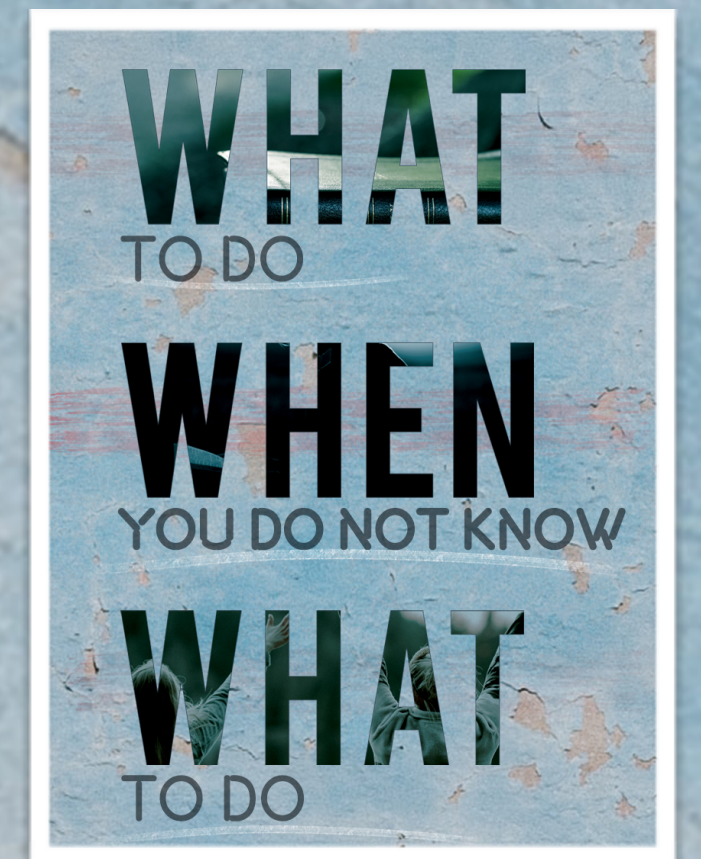
*24 Make no friendship with a man given to anger, nor go with a wrathful man, 25 **lest you learn his ways** and entangle yourself in a snare.*

GNT : *Don't make friends with people who have hot, violent tempers. ²⁵ **You might learn their habits** and not be able to change.*



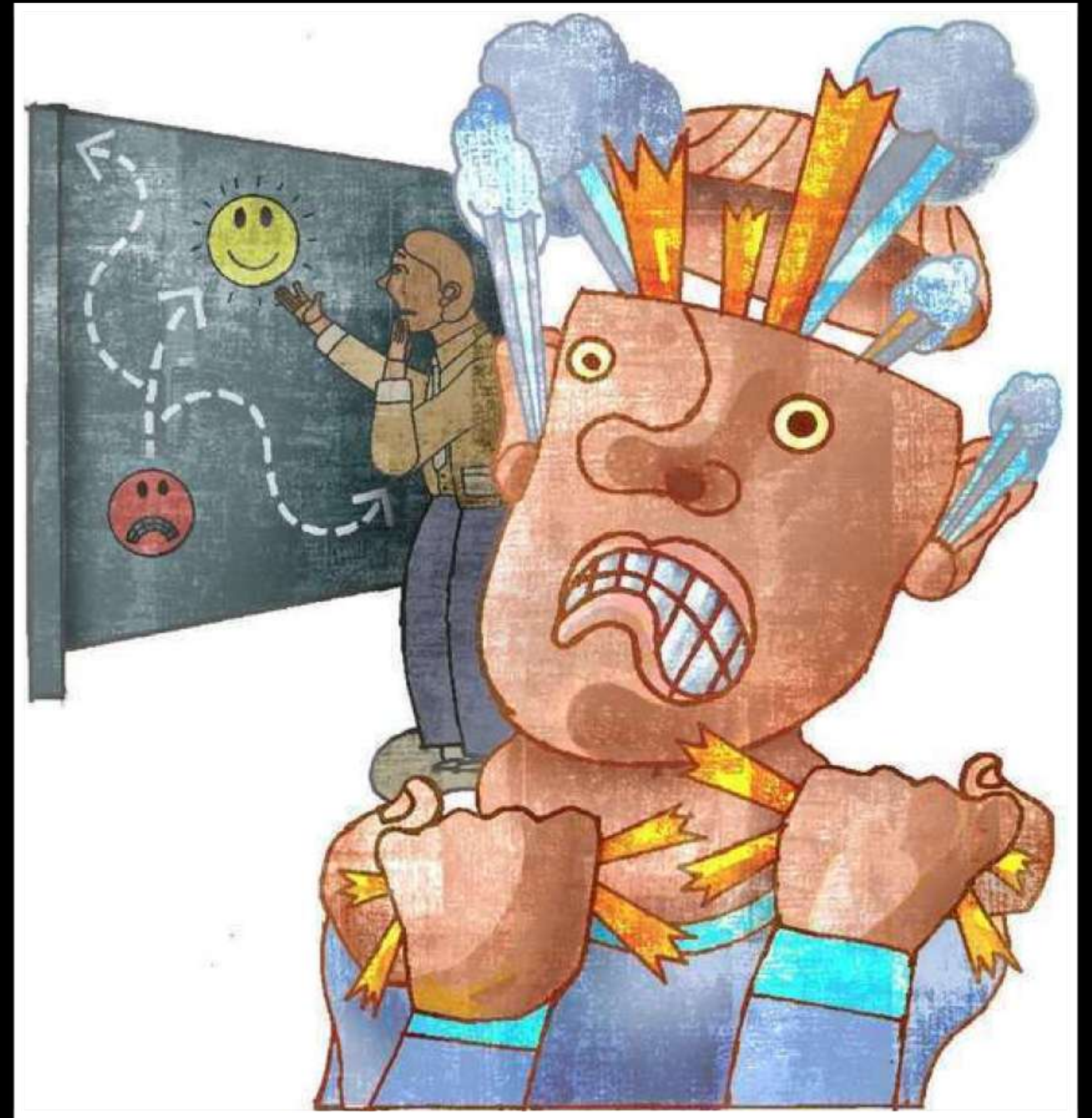
5 Keys To Controlling Your Temper

- 1. REMEMBER*** *the Results*
- 2. REFLECT*** *before Reacting*
- 3. REFRAIN*** *your Remarks*



Have you ever wonder
that **Anger, Rage** and
Resentment can lead
to...

**ANEURYSM,
HAEMORRHOIDS
AND
VARICOSE VEINS ?**



anger. rage. resentment.
bitterness. pain. fury. hatred.
grief. injure. hurt. revenge.
regret. remorse. shame.
sorrow. blame. wounded.
disappointment. ache.

FORGIVENESS



EVERY NATION
CHURCH • PENANG