

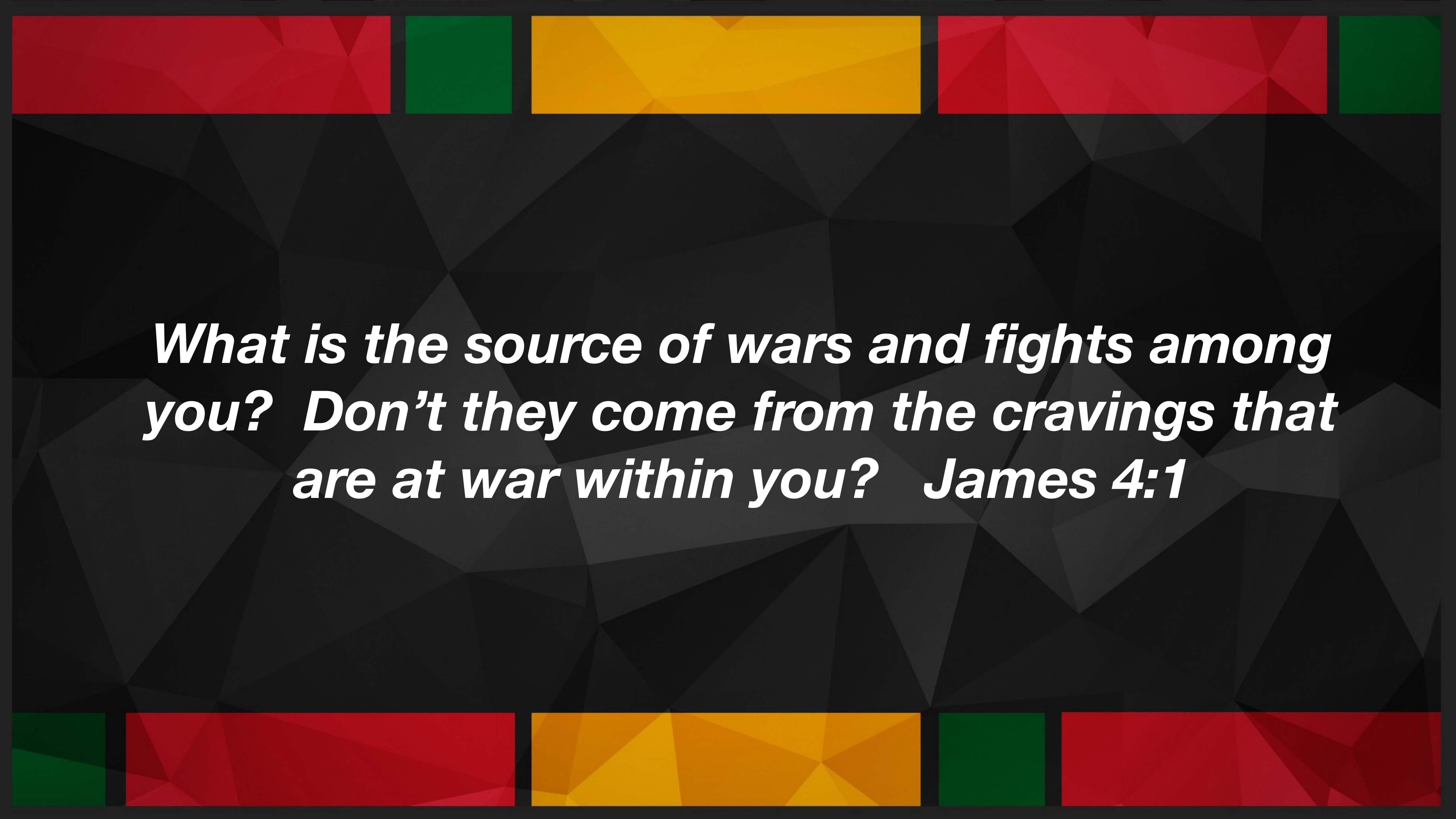


YOU

MAKE ME

CRAZY

ANGER'S HOT BUTTONS

The image features a dark background with a complex, low-poly geometric pattern in shades of grey and black. At the top and bottom, there are horizontal bars composed of several colored segments: red, green, yellow, and red. The text is centered in the middle of the image.

***What is the source of wars and fights among you? Don't they come from the cravings that are at war within you? James 4:1***



***A man who does not control his temper is like a  
city whose wall is broken down.  
Proverbs 25:26***



# Unhealthy Ways We Express Anger:

# We explode.

## Biblical example: Cain

*... but He did not have regard for Cain and his offering. Cain was furious, and he looked despondent. And while they were in the field, Cain attacked his brother Abel and killed him. Genesis 4:5-8*

# We stonewall.

## Biblical example: Jeremiah

*I never sat with the band of revelers, and I did not  
celebrate with them ... Why has my pain become  
unending, my wound incurable, refusing to be healed?*

*Jeremiah 15:17-18*

**We pout.**

**Biblical example: The Prodigal's Brother**

*Then he became angry and didn't want to go in. So his father came out and pleaded with him.*

*Luke 15:28*

# We manipulate.

## Biblical example: Pharisees

*They, however, were filled with rage and started discussing with one another what they might do to Jesus.*

*Luke 6:11*



The image features a dark grey background with a complex, low-poly geometric pattern. At the top and bottom, there are horizontal bars composed of several colored segments: red, green, yellow, red, and green. The text is centered in a large, white, sans-serif font.

# Disarming Your “Button-Pushers”:

# Consider the cost of your anger.

*An angry man stirs up conflict, and a hot-tempered man increases rebellion. Proverbs 29:22*

**Try to understand your button-pushers.**

***A person's insight gives him patience, and his virtue is to overlook an offense. Proverbs 19:11***

**Think it over before you react.**

***Every sensible person acts knowledgeably, but a fool displays his stupidity. Proverbs 13:16***

**Focus on God's opinion, not your button-pusher's opinion.**

***The fear of man is a snare, but the one who trusts in the Lord is protected. Proverbs 29:25***

***The fear of human opinion disables you; but trusting in God protects you from that. [Msg]***

**Ask God for help.**

***Lord, set up a guard for my mouth; keep watch at  
the door of my lips. Psalm 141:3***