

Back To The Future

Stop Pushing My Buttons

Ephesians 4:26 “In your anger do not sin”: Do not let the sun go down while you are still angry. (NIV)

1. Understand your anger

Ephesians 4:26 “In your anger do not sin”: Do not let the sun go down while you are still angry. (NIV)

2. Control your anger

Practical Steps To Control Your Anger

1. Deal with anger quickly

Ephesians 4:26 “In your anger do not sin”: Do not let the sun go down while you are still angry. (NIV)

Hebrews 12:15 See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many. (NIV)

2. Take control of crazy thoughts

2 Corinthians 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (NIV)

Ephesians 4:22–24 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;²³ to be made new in the attitude of your minds;²⁴ and to put on the new self, created to be like God in true righteousness and holiness. (NIV)

3. Watch your words

James 1:19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. (NIV)

Ephesians 4:29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. (NIV)

Proverbs 15:1 A gentle answer turns away wrath, but a harsh word stirs up anger. (NIV)

4. Watch your actions

Proverbs 14:17 A quick-tempered man does foolish things, and a crafty man is hated. (NIV)

Proverbs 29:22 An angry man stirs up dissension, and a hot-tempered one commits many sins. (NIV)

5. Avoid close friendships with angry people

Proverbs 22:24-25 Do not make friends with a hot-tempered man, do not associate with one easily angered, ²⁵ or you may learn his ways and get yourself ensnared. (NIV)

6. Don't let little things become big things

Proverbs 12:16 A fool shows his annoyance at once, but a prudent man overlooks an insult. (NIV)

7. Remember the spiritual ramifications

Romans 12:18-19 If it is possible, as far as it depends on you, live at peace with everyone. ¹⁹ Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. (NIV)

Ephesians 4:26-27 "In your anger do not sin": Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold. (NIV)

James 1:19-20 My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ for man's anger does not bring about the righteous life that God desires. (NIV)

Ephesians 4:30-31 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. (NIV)