

# Disarming Button Pushers

You Are Pushing My Buttons – Part 2

August 16, 2020

Psalm 37:8 – “Don’t give in to worry or anger; it only leads to trouble.”

## MANIFESTATIONS OF ANGER

### 1. The \_\_\_\_\_ .

Genesis 4:5 & 8 – “So Cain was very angry, and his face was downcast. . .

<sup>8</sup>While they were in the field, Cain attacked his brother Abel and killed him.”

### 2. The \_\_\_\_\_ .

Jeremiah 15:17-18 (GNT) – “I did not spend my time with other people, laughing and having a good time. . . I stayed by myself and was filled with anger. <sup>18</sup>Why do I keep on suffering? Why are my wounds incurable? Why won’t they heal?”

### 3. The \_\_\_\_\_ .

Luke 15:28 – “The older brother became angry and refused to go in. So his father went out and pleaded with him.”

## DISARMING BUTTON PUSHERS

### 1. Consider the \_\_\_\_\_ of anger.

Proverbs 14:17 – “A quick-tempered person does foolish things...”

Proverbs 29:22 – “An angry person stirs up conflict, and a hot-tempered person commits many sins.”

Matthew 5:38-39

## 2. Think before \_\_\_\_\_ .

Proverbs 13:16 (NLT) – “Wise people think before they act; fools don’t—and even brag about their foolishness.”

Proverbs 29:11 - “Fools vent their anger, but the wise quietly hold it back.”

“When angry count to ten before you speak. If very angry, count to one hundred.” – Thomas Jefferson

## 3. Rely on God’s \_\_\_\_\_ .

Psalms 141:3 - “Set a guard over my mouth, Lord; keep watch over the door of my lips.”

Ezekiel 36:26 - “And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh.”

## 4. Base my identity in \_\_\_\_\_ .

II Corinthians 5:17 - “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

Proverbs 29:25 (GN) - “It is dangerous to be concerned with what others think of you, but if you trust the Lord, you are safe.”