

**In your opinion, what are the consequences of anger?**

**List five ways you tend to vent your anger?**

- 1.
- 2.
- 3.
- 4.
- 5.

**What do the following verses say about consequences of anger?**

Proverbs 10:12	
Proverbs 19:19	
Proverbs 14:17	
Proverbs 29:22	

**What do the following verses say responding correctly?**

Proverbs 15:1	
Proverbs 29:8	
Proverbs 26:17	
Titus 3:9	
Philippians 2:3	
Genesis 13:8	

**What are the Biblical solutions to anger?**

Ephesians 4:31	
Colossians 3:21	
Proverbs 22:24-25	
Ephesians 4:29	
Proverbs 15:28	
Ephesians 4:26	
Proverbs 20:2	

The Key: Anger is usually a direct result of unforgiveness or trying to prove your point to be the only way – this is pride. The key is to extend forgiveness on the spot once someone has hurt you. If an individual is forcing their opinion on you, respond with tender mercies, kindness, and humble mind, and meekness, longsuffering, forbearing one another, and sacrificially loving them with the love Christ displays to you each day.