

SOLOMON'S SECRETS: SERMON #8

Sunday, July 28, 2019

SOLOMON SAYS, KEEP YOUR COOL!

PROVERBS 14:29 (NASB)

Proverbs 14:29, 15:1, 16:32, 19:11, 29:8

Ephesians 4:26-27, Colossians 3:8

Proverbs 14:17, 30:33, 27:4

Anger Management Strategies:

- I. **Call an Emotional "Time-Out"**
Proverbs 14:29, 16:32, 19:11
- II. **Analyze the Cause of Your Anger**
Proverbs 18:13
- III. **Overlook Minor Offenses**
Proverbs 19:11
- IV. **Learn to Forgive Major Offenses**
Genesis 50:20, Ephesians 4:32, Mark 11:25-26
- V. **Don't Associate With Angry People**
Proverbs 22:24-25

Practical Life Applications for Deflecting Anger Directed Toward Us:

- 1. Listen Carefully
Proverbs 17:27**
- 2. Try to Identify With the Other Person's Anger
Proverbs 10:12**
- 3. Answer Softly and Slowly
Proverbs 15:1**
- 4. Ask Forgiveness if Necessary
Proverbs 28:13, Ecclesiastes 7:9**