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# Who's Pushing Your Buttons? **Ephesians 4:26** When you get angry do not sin

Proverbs 25:28 (TEV)

"If you cannot control your anger, you are as helpless as a city without walls, open to attack."

Proverbs 12:16 (NLT)

"A fool is quick-tempered, but a wise person stays calm when insulted."

Proverbs 16:32 (NIV)

Better a patient person than a warrior, one with self-control than one who takes a city.

Proverbs 16:32 (NLT)

"It is better to be patient than powerful; it is better to have self-control than to conquer a city."

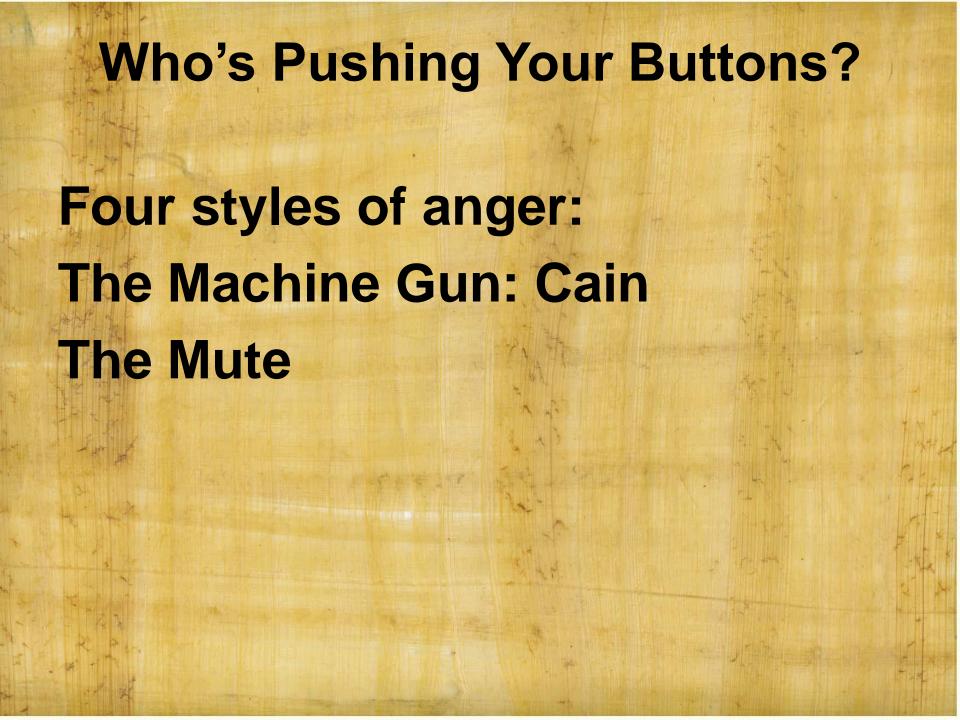


Four styles of anger:
The Machine Gun
Biblical example is Cain

**Genesis 4:5, 8 (TLB)** 

This made Cain both dejected and very angry, and his face grew dark with fury.

...Cain attacked and killed his brother.



Four styles of anger:
The Machine Gun: Cain
The Mute
Biblical example: Jeremiah

Jeremiah 15:17-18

- "... I stayed by myself and was filled with anger.
- ...Why do I keep on suffering?
  Why are my wounds incurable?
  Why won't they heal?"

Four styles of anger:
The Machine Gun: Cain
The Mute: Jeremiah
The Martyr

Four styles of anger:

The Machine Gun: Cain

The Mute: Jeremiah

The Martyr

Biblical example: The prodigal brother

Luke 15

"The elder brother was so angry he would not go in (to the party). So his father went out and pleaded with him..."

Four styles of anger:

The Machine Gun: Cain

The Mute: Jeremiah

The Martyr: Prodigal brother

The Manipulator

Four styles of anger:

The Machine Gun: Cain

The Mute: Jeremiah

The Martyr: Prodigal brother

The Manipulator

Biblical example: The Pharisees

Luke 6:11

"But they were furious and began to plot with each other what they might do to Jesus."

Four styles of anger:

The Machine Gun: Cain

The Mute: Jeremiah

The Martyr: Prodigal brother

The Manipulator: The Pharisees



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