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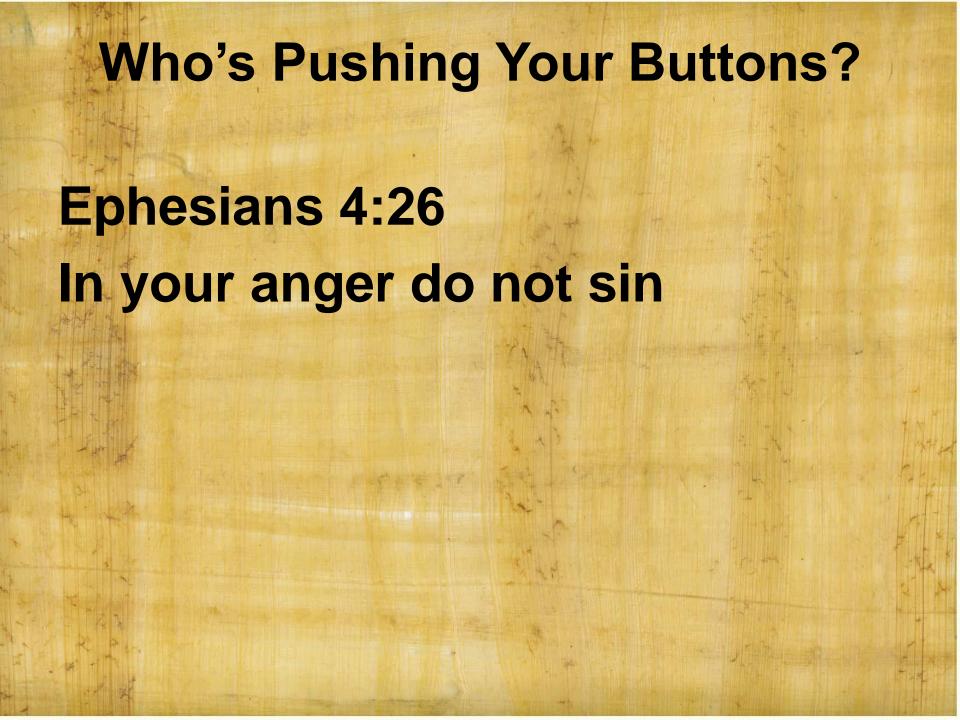
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Four styles of anger:

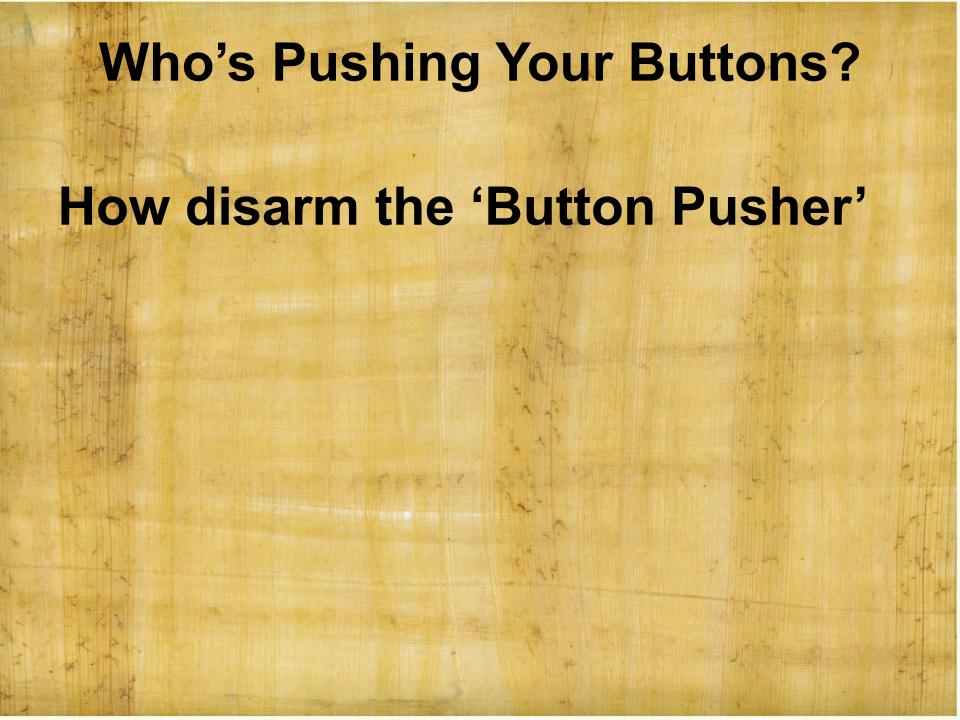
The Machine Gun: Cain

The Mute: Jeremiah

The Martyr: Prodigal brother

The Manipulator: The Pharisees





Who's Pushing Your Buttons? How disarm the 'Button Pusher' 1. Calculate the cost

Proverbs 29:22 (NIV)

An angry person stirs up conflict, and a hot-tempered person commits many sins.

Who's Pushing Your Buttons? Proverbs 15:18 (GN) "Hot tempers cause arguments."

Who's Pushing Your Buttons? **Proverbs 14:29 (LB)** ... anger causes mistakes.

Proverbs 14:17(GN)

people with hot tempers do
foolish things

The Cost:

- >Stir up conflict
- >Commit many sins
- > Cause arguments
- > Make mistakes
- > Do foolish things

Who's Pushing Your Buttons? I always lose when I lose my temper!

Proverbs 14:29 (NLT)
Those who control their anger have great understanding

Proverbs 15:18
the one who is patient calms a quarrel

How disarm the 'Button Pusher'

- 1. Calculate the cost
- 2. Look past their words to their pain

Proverbs 19:11 (NIV)

A person's wisdom yields patience;

Proverbs 12:16 (NLT)

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

Who's Pushing Your Buttons? Romans 12:

- > Bless those who persecute you
- Live in harmony with one another
- > Do not repay evil for evil
- >Live at peace with everyone
- > Do not take revenge
- >Overcome evil with good

How disarm the 'Button Pusher'

- 1. Calculate the cost
- 2. Look past their words to their pain
- 3. Think before reacting

Proverbs 13:16 (NLT)
Wise people think before they act.

Proverbs 29:11 (NLT)

"A fool gives full vent to anger, but a wise person quietly holds it back."

- 1. Why am I angry?
- 2. What do I really want?
- 3. How can I get it?

How disarm the 'Button Pusher'

- 1. Calculate the cost
- 2. Look past their words to their pain
- 3. Think before reacting
- 4. Turn to the Word

Psalm 46:1 (NIV)

God is our refuge and strength, and ever-present help in trouble.

Exodus 14:14 (NIV)
The Lord will fight for you; you need only to be still

Psalm 37:7 (NIV)

Be still before the Lord and wait patiently for Him; do not fret when people succeed in their ways, when they carry out their wicked schemes.

How disarm the 'Button Pusher'

- 1. Calculate the cost
- 2. Look past their words to their pain
- 3. Think before reacting
- 4. Turn to the Word

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