



EVERYONE SHOULD BE QUICK TO LISTEN, SLOW TO SPEAK AND SLOW TO BECOME ANGRY. James 1:19



**COUNT
DOWN**

#4 _____ the pattern of anger.

“A fool gives full vent to anger. A wise person quietly holds it back.”
Proverbs 29:11

#3. Guard your _____.

“A gentle answer turns away wrath, but a harsh word stirs up anger.”
Proverbs 15:1

#2. Get some _____ !

Be still before the Lord and wait patiently for Him ... Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil.
Psalm 37:7-8

#1 Release your _____ to God.

“I AM THE LORD, THE MERCIFUL AND GRACIOUS GOD. I AM SLOW TO ANGER, RICH IN UNFAILING LOVE AND FAITHFULNESS.”
Exodus 34:6

