



-.001.tiff

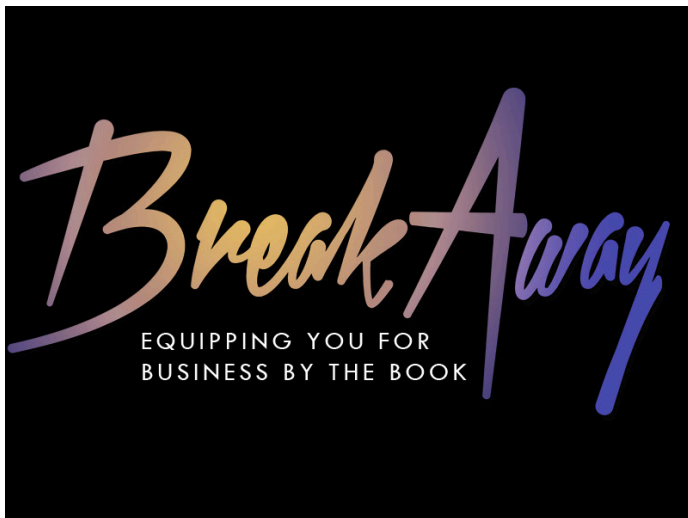
*Break Away* Today's Sponsor

**Family Life Center**  
Exercise Facility • Locker Rooms  
Fitness Classes • Adult Leagues

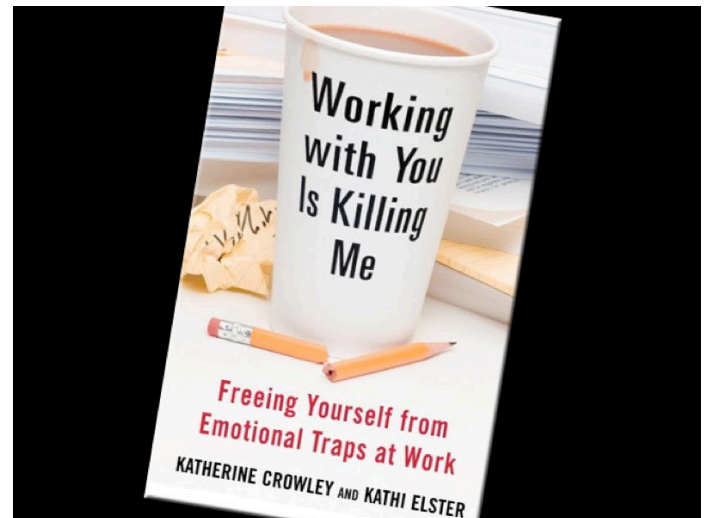
**UPWARD SPORTS** Basketball • Cheerleading  
Baseball • Soccer

**706.860.0454** M-F 5:30a-9p  
Sat 7a-3p  
flc@warrenbaptist.org

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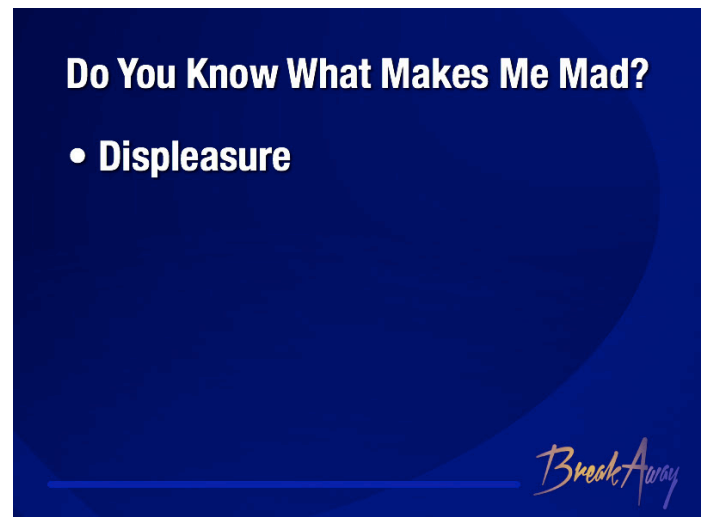
-.003.tiff



-.004.tiff



-.005.tiff



-.006.tiff

**“People who fly into  
a rage rarely make a  
good landing.”**

**—Will Rogers**

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-.008.tiff

**Do You Know What Makes Me Mad?**

- **Displeasure**
- **Disagreement**

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**Whoever is slow to anger has  
great understanding,  
but he who has a hasty temper  
exalts folly.**

**—Proverbs 14:29 ESV**

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**A man's discretion makes  
him slow to anger,  
and it is his glory to  
overlook a transgression.**

**—Proverbs 19:11 NAS**

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**Do You Know What Makes Me Mad?**

- **Displeasure**
- **Disagreement**
- **Disappointment**

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## Do You Know What Makes Me Mad?

- Displeasure
- Disagreement
- Disappointment
- Disrespect

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-.013.tiff

## Do You Know What Makes Me Mad?

- Displeasure
- Disagreement
- Disappointment
- Disrespect
- Disposition

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**“When our expectations are not fulfilled hundreds of times a year, we become frustrated and hurt over the lack of being fulfilled; our heart fills with hundreds of small embers of anger. Each unforgiven ember of hurt or frustration can build into a lava flow of anger.”**

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**“These embers of unforgiveness are the main obstacles that prevent us from knowing the Lord as He desires; they keep us from experiencing His love and Spirit for a life of lasting fulfillment.”**

**—Gary Smalley**

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**<sup>1</sup>What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? <sup>2</sup>You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel.**

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-.017.tiff

**You do not have, because you do not ask. <sup>3</sup>You ask and do not receive, because you ask wrongly, to spend it on your passions.**

**—James 4:1-3 ESV**

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**“Do you expect me  
to let people  
walk all over me?”**

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**“How much more grievous  
are the consequences of  
anger than the causes of it.”**

**—Marcus Aurelius**

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-.020.tiff

**Whoever is slow to anger  
is better than the mighty,  
and he who rules his spirit  
than he who takes a city.**

**—Proverbs 16:32 ESV**

*BreakAway*

-.021.tiff

**“Do you have some  
insights to help me  
deal with my anger?”**

*BreakAway*

-.022.tiff

**A  
N  
G  
E  
R**

*BreakAway*

-.023.tiff

**Assess the Issues**

**N  
G  
E  
R**

*BreakAway*

-.024.tiff

**A man of quick temper  
acts foolishly, and a man  
of evil devices is hated.**

**—Proverbs 14:17 ESV**

*BreakAway*

-.025.tiff

**If one gives an answer  
before he hears,  
it is his folly and shame.**

**—Proverbs 18:13 ESV**

*BreakAway*

-.026.tiff

**Assess the Issues  
Narrow Your Focus**

**G  
E  
R**

*BreakAway*

-.027.tiff

**The beginning of strife is like  
letting out water,  
so quit before the quarrel  
breaks out.**

**—Proverbs 17:14 ESV**

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**<sup>26</sup>Be angry and do not sin; do  
not let the sun go down on  
your anger, <sup>27</sup>and give no  
opportunity to the devil.**

**—Ephesians 4:26-27 ESV**

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-.029.tiff

**Assess the Issues  
Narrow Your Focus  
Guard Your Tongue  
E  
R**

*BreakAway*

-.030.tiff



**A soft answer turns away  
wrath, but a harsh word  
stirs up anger.**

**—Proverbs 15:1 ESV**

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-.031.tiff

**A hot-tempered man stirs up  
strife, but he who is slow to  
anger quiets contention.**

**—Proverbs 15:18 ESV**

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-.032.tiff

**Assess the Issues  
Narrow Your Focus  
Guard Your Tongue  
Exercise the Leverage and  
Release Forgiveness**

**R**

*BreakAway*

-.033.tiff

**Answer not a fool  
according to his folly, lest  
you be like him yourself.**

**—Proverbs 26:4 ESV**

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**“I will permit no man to  
narrow and degrade my soul  
by making me hate him.”**

**—Booker T. Washington**

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**Hatred stirs up strife,  
but love covers all offenses.**

**—Proverbs 10:12 ESV**

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**Better is open rebuke  
than hidden love.**

**—Proverbs 27:5 ESV**

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**Assess the Issues  
Narrow Your Focus  
Guard Your Tongue  
Exercise the Leverage and  
Release Forgiveness  
Review Your Relationships**

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**<sup>24</sup>Make no friendship with a  
man given to anger, nor go  
with a wrathful man, <sup>25</sup>lest  
you learn his ways and  
entangle yourself in a snare.**

**—Proverbs 22:24-25 ESV**

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-.039.tiff

**Whoever is slow to anger is  
better than the mighty, and he  
who rules his spirit than he  
who takes a city.**

**—Proverbs 16:32 ESV**

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*Break Away*  
EQUIPPING YOU FOR  
BUSINESS BY THE BOOK

-.041.tiff