

YOU MAKE ME CRAZY

Pt. 2 - "Who's Pushing Your Buttons?"

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*When it comes to relational conflict,
are you a **SKUNK** or a **TURTLE**?
Skunks let everybody know about it.
Turtles withdraw and keep it to themselves.*

WHO'S PUSHING YOUR BUTTONS?

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 (NLT)

Better to be patient than powerful; better to have self-control than to conquer a city.

FOUR CATEGORIES OF ANGER

The **MACHINE GUNS**:

They let you have it

The **MUTES**:

They clam up (Crock Pots)

Every time you swallow your anger,
your stomach keeps score.

If you don't talk it out,
you're going to take it out
on your body.

The **MARTYRS**:
They throw pity parties

The **MANIPULATORS**:
They don't get mad,
they get even

HOW TO DISARM ANGER

Calculate the **COST**
of anger

Proverbs 29:22 (NLT)

An angry person starts fights; a hot-tempered person commits all kinds of sin.

Proverbs 15:18 (TEV)

Hot tempers cause arguments.

Proverbs 14:17 (TEV)

People with a hot temper do foolish things; wiser people remain calm.

Proverbs 14:29 (NLT)

People with understanding control their anger; a hot temper shows great foolishness.

Look past their words
to **THEIR PAIN**

Proverbs 19:11 (NIV)

A man's wisdom gives him patience; it is to his glory to overlook an offense.

Think before
REACTING

*Anger control is largely
a matter of mouth control.
Put your mind in gear
before you put your mouth in gear.*

Proverbs 13:16 (TEV)

Sensible people always think before they act, but stupid people advertise their ignorance.

Proverbs 29:11 (TEV)

Stupid people express their anger openly, but sensible people are patient and hold it back.

THREE CAUSES OF ANGER:

HURT

FRUSTRATION

FEAR

Proverbs 15:1 (TEV)

A gentle answer quiets anger, but a harsh one stirs it up.

Proverbs 17:27-28 (TEV)

^[27] Those who are sure of themselves do not talk all the time. People who stay calm have real insight.

^[28] After all, even fools may be thought wise and intelligent if they stay quiet and keep their mouths shut.

Psalms 141:3 (NLT)

Take control of what I say, O LORD, and guard my lips.

*The heart of the problem
is a problem of the heart.
Pressure always reveals
what's inside of you.*

*The Holy Spirit produces
this kind of fruit in our lives:*

Galatians 5:22-23 (NIV)

^[22] But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,
^[23] gentleness and self-control.

Ask God FOR HELP.
Base YOUR IDENTITY
in Jesus.

Matthew 5:48 (MSG)

In a word, what I'm saying is, **Grow up**. You're kingdom subjects. Now live like it.

Live out your God-created identity. Live generously and graciously toward others, the way God lives toward you.