

# Creatures of Habit

## Week 1: January 4th & 7th - Anger

**Romans 12:2** - *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

**Proverbs 14:29** - *People with understanding control their anger; a hot temper shows great foolishness.*

**Ephesians 6:4** - *Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord.*

### Steps to break the habit of anger

#### 1. Identify the source of your anger

#### 2. Learn to calm down before you react

**Proverbs 29:11** - *Fools vent their anger, but the wise quietly hold it back.*

**James 1:19** - *Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.*

#### 3. Get some exercise

#### 4. Let go of your anger correctly

#### 5. Practice forgiveness

**Colossians 3:13** - *Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.*

#### 6. Give your anger an expiration date

#### 7. Rely on God's control