

*You Drive Me Crazy*  
**Who's Pushing Your Buttons?**  
Kevin Fischer

*"If you cannot control your anger, you are as helpless as a city without walls, open to attack."* Proverbs 25:28 (TEV)

*"A fool is quick-tempered, but a wise person stays calm when insulted."* Proverbs 12:16 (NLT)

### **Three Ways People Express Anger**

- Exploders

Example: Cain

*"... Cain was very angry.... And while they were in the field, Cain attacked his brother Abel and killed him."* Genesis 4:5, 8 (NIV)

- Mutes

Example: Jeremiah

*"...I stayed by myself and was filled with anger. Why do I keep on suffering? Why are my wounds incurable? Why won't they heal?"* Jeremiah 15:17-18 (GN)

- Manipulators

Example: The Pharisees

*"They were beside themselves with anger, and started plotting how they might get even with him."* Luke 6:11 (MSG)

### **Five Keys to Handling Anger**

1. Calculate the cost of anger.

*"An angry person causes trouble; a person with a quick temper sins a lot."* Proverbs 29:22 (NCV)

*"Hot tempers cause arguments."* Proverbs 15:18 (GN)

*"...anger causes mistakes."* Proverbs 14:29 (LB)

*"People with a hot temper do foolish things."* Proverbs 14:17 (GN)

2. Look past their words to their pain.

*"Don't let evil get the best of you; get the best of evil by doing good."* Romans 12:21 (MSG)

3. Think before reacting.

*"Sensible people always think before they act."* Proverbs 13:16 (GN)

*"A fool gives full vent to anger, but a wise person quietly holds it back."* Proverbs 29:11 (NLT)

Hurt

Frustration

Fear

4. Ask God for help.

*"LORD, help me control my tongue; help me be careful about what I say."* Psalm 141:3 (NCV)

5. Base my identity in Jesus.

*"The fear of human opinion disables you; but trusting in God protects you from that."* Proverbs 29:25 (MSG)

*"What this means is that those who become Christians become new persons. They are not the same anymore, for the old life is gone. A new life has begun! For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ." II Corinthians 5:17, 21 (NLT)*