

# *The* SOLOMON SECRETS



## 10 KEYS TO EXTRAORDINARY SUCCESS

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KEEP YOUR COOL WHEN THINGS GET HOT!  
PROVERBS 14:29

Introduction: As we continue our study in Proverbs, we are going to discover how to handle one of life's most common, but potentially lethal, emotions.

- I. Anger Defined: Anger is a natural physical and emotional response to perceived injustice.
  - A. Anger is a Natural Response (Genesis 1:27)
  - B. Anger is a Matter of Perception
  - C. Anger Results in a Response (Ephesians 4:26-27; Colossians 3:8)
    1. "Wrath" is Anger Expressed (Proverbs 14:17)
    2. "Malice" is Anger Suppressed (Proverbs 30:33)
- II. How To Handle Your Anger
  - A. Call an Emotional Time-Out (Proverbs 14:29, 16:32, 19:11)

(over)

B. Analyze the **Cause** of Your Anger (Proverbs 18:13)

1. What is the **source** of my anger?

2. Do I have **complete** and **accurate** information?

C. Overlook **Minor** Offenses (Proverbs 19:11)

D. Learn to Forgive **Major** Offenses (Ephesians 4:32)

True Forgiveness ...

1. **Admits** that you have been wronged

2. **Acknowledges** your offender's obligation to you

3. **Releases** your offender of his obligation to you

E. Don't Associate with **Angry People**  
(Proverbs 22:24-25)

III. How To Handle Other People's Anger

A. **Listen** Carefully (Proverbs 17:27)

B. Try to **Identify** with the Other Person's Anger  
(Proverbs 10:12)

C. Answer **Softly** and **Slowly** (Proverbs 15:1)

D. Ask **Forgiveness** if Necessary (Proverbs 28:13)

Conclusion