

Proverbs

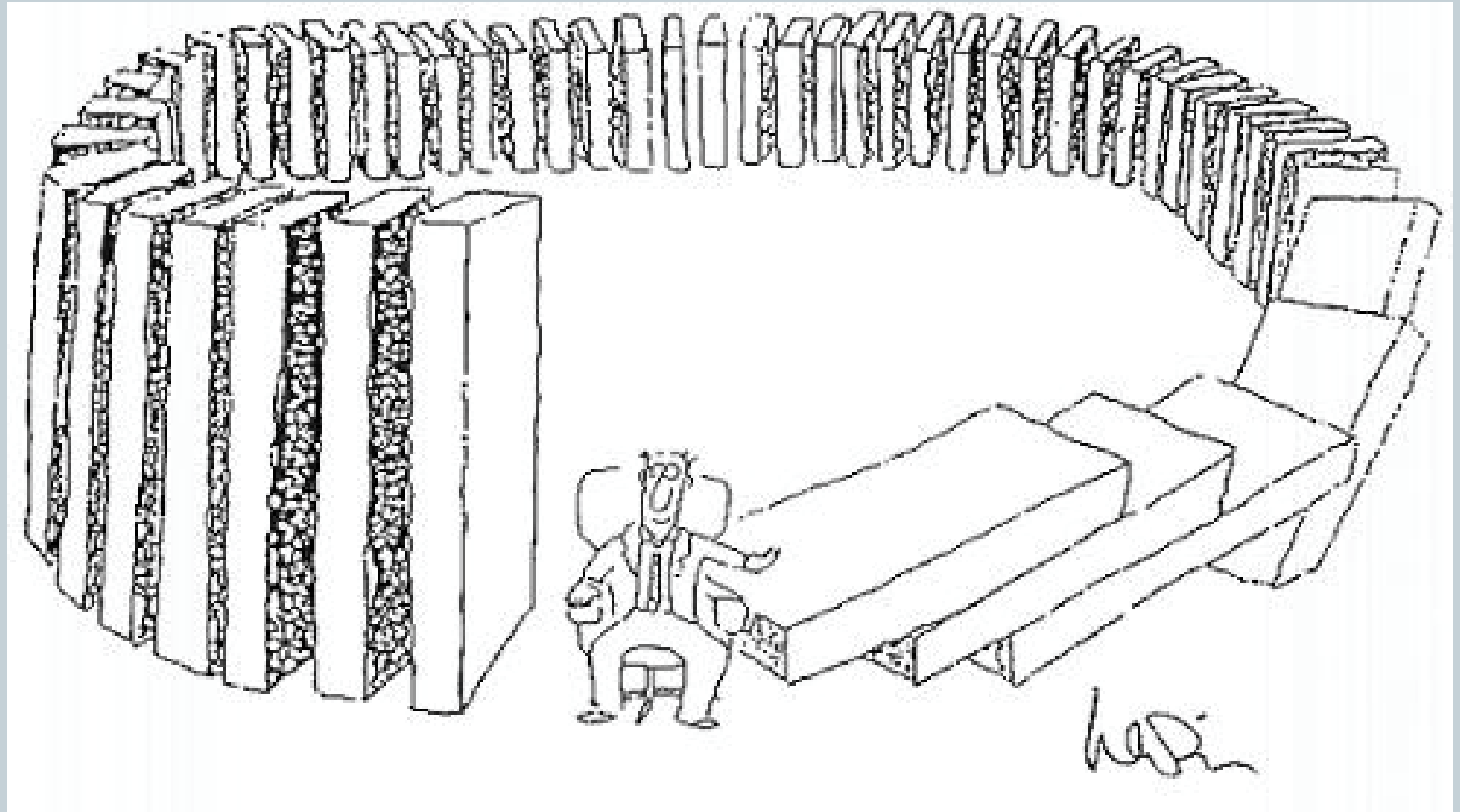
箴言



TAMING YOUR TEMPER

制服你的脾气

WISDOM: Ability to See Future Consequences of Present
Actions 智慧：由当下的行为看到未来后果的能力



What Does Anger Look Like

怒气像什么

- **Machine Gun Anger: Cain**
- 机枪型：该隐
- **Mutes: Ahithophel**
- 缄默型：亚希多弗
- **Martyrs: The Elder Brother**
- 烈士型：大儿子
- **Manipulators: The Pharisees**
- 操纵型：法利赛人



Dealing with Anger 处理怒气

- Count the Cost of Your Anger 计算你怒气的代价
 - Irrational Behavior 无理性的行为
 - ✦ *Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city. (Prov 16:32)*
不轻易发怒的,胜过勇士;治服己心的,强如取城。(箴言16:32)
 - Broken Relationships 破裂的关系
 - ✦ *Prov 29:22 A man of wrath stirs up strife, and one given to anger causes much transgression.*
 - ✦ 箴言 29:22 好气的人挑启争端,暴怒的人多多犯罪。
 - ✦ *Prov 15:18 A hot tempered man stirs up strife, but he who is slow to anger quiets contention.*
 - ✦ 箴言 15:18 暴怒的人挑启争端,忍怒的人止息纷争。

Dealing with Anger 处理怒气

- Count the Cost of Your Anger
- 计算你怒气的代价
 - Lifelong Regret and Suffering
 - 一生的悔恨和痛苦
 - ✦ *A man without self-control is like a city broken into and left without walls. (Prov 25:28)*
 - ✦ 人不制伏自己的心, 好像毁坏的城邑没有墙垣。(箴言25:28)

Dealing with Anger 处理怒气

- See Past People's Words to their Pain
- 透过人的言语而看到他们的痛苦
 - *Prov 19:11 Good sense makes one slow to anger, and it is his glory to overlook an offense.*
 - 箴言 19:11 人有见识就不轻易发怒，宽恕人的过失便是自己的荣耀。

Dealing with Anger 处理怒气

- Think Before Reacting
- 在反应之前先思考
 - Prov 12:16 *The vexation of a fool is known at once, but the prudent ignores an insult.*
 - 箴言 12:16 愚妄人的恼怒立时显露；通达人能忍辱藏羞。
 - Prov 29:11 *A fool gives full vent to his spirit, but a wise man quietly holds it back.*
 - 箴言 29:11 愚妄人怒气全发；智慧人忍气含怒。

Dealing with Anger 处理怒气

- Control Your Words 控制你的言语
 - James 3:5-6 *How great a forest is set ablaze by such a small fire! And the tongue is a fire....*
 - 雅各书 3:5-6 看哪, 那么小的火, 能点燃那么大的森林! 舌头就是火.... CSBS
 - Prov 15:1 *“A soft answer turns away wrath, but a harsh word stirs up anger.”*
 - 箴言 15:1 “回答柔和, 使怒消退; 言语暴戾, 触动怒气。”

Dealing with Anger 处理怒气

● Control Your Words 控制你的言语

- Prov 17:27 *“Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding.”*
- 箴言17:27 *“谨言慎行的有知识；温和冷静的有悟性。”*CCB
- James 1:19 *“...be quick to hear, slow to speak, slow to anger...”*
- 雅各书 1:19 *“...要快地听，慢慢地说，慢慢地动怒。”*

Dealing with Anger 处理怒气

- Ask God for Help

- 寻求神的帮助

- Psalm 141:3 - *Set a guard, O Lord, over my mouth; keep watch over the door of my lips!*

- 诗篇 141:3- 耶和华啊，求你守住我的口，看住我的嘴。CCB

- Galatians 5:22 *The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*

- 加拉太书 5:22 圣灵所结的果子，就是仁爱、喜乐、和平、忍耐、恩慈、良善、信实、温柔、节制。