

January 7, 2018
Part 1: A Short Fuse
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STARTING OVER




Proverbs 14:29–30

People with understanding control their anger;
a hot temper shows great foolishness.
A peaceful heart leads to a healthy body;
but runaway emotions corrode the bones.

Proverbs 15:1,18

A gentle answer turns away wrath,
but a harsh word stirs up anger.
A hot-tempered person starts fights;
a cool-tempered person stops them.

Proverbs 16:32



Those who are slow to anger are better than the mighty;
better to have self-control than to conquer a city.


Proverbs 19:11,19

Sensible people control their temper;
they earn respect by overlooking wrongs.

Proverbs 19:19

Hot-tempered people must pay the penalty.
If you rescue them once, you will have to do it again.

Proverbs 24:28–29



Don't testify against your neighbors without cause;
don't lie about them.
And don't say, "Now I can pay them back for what
they've done to me! I'll get even with them!"

Proverbs 25:21–22

If your enemies are hungry, give them food to eat.
If they are thirsty, give them water to drink.
You will heap burning coals of shame on their heads,
and the Lord will reward you.