

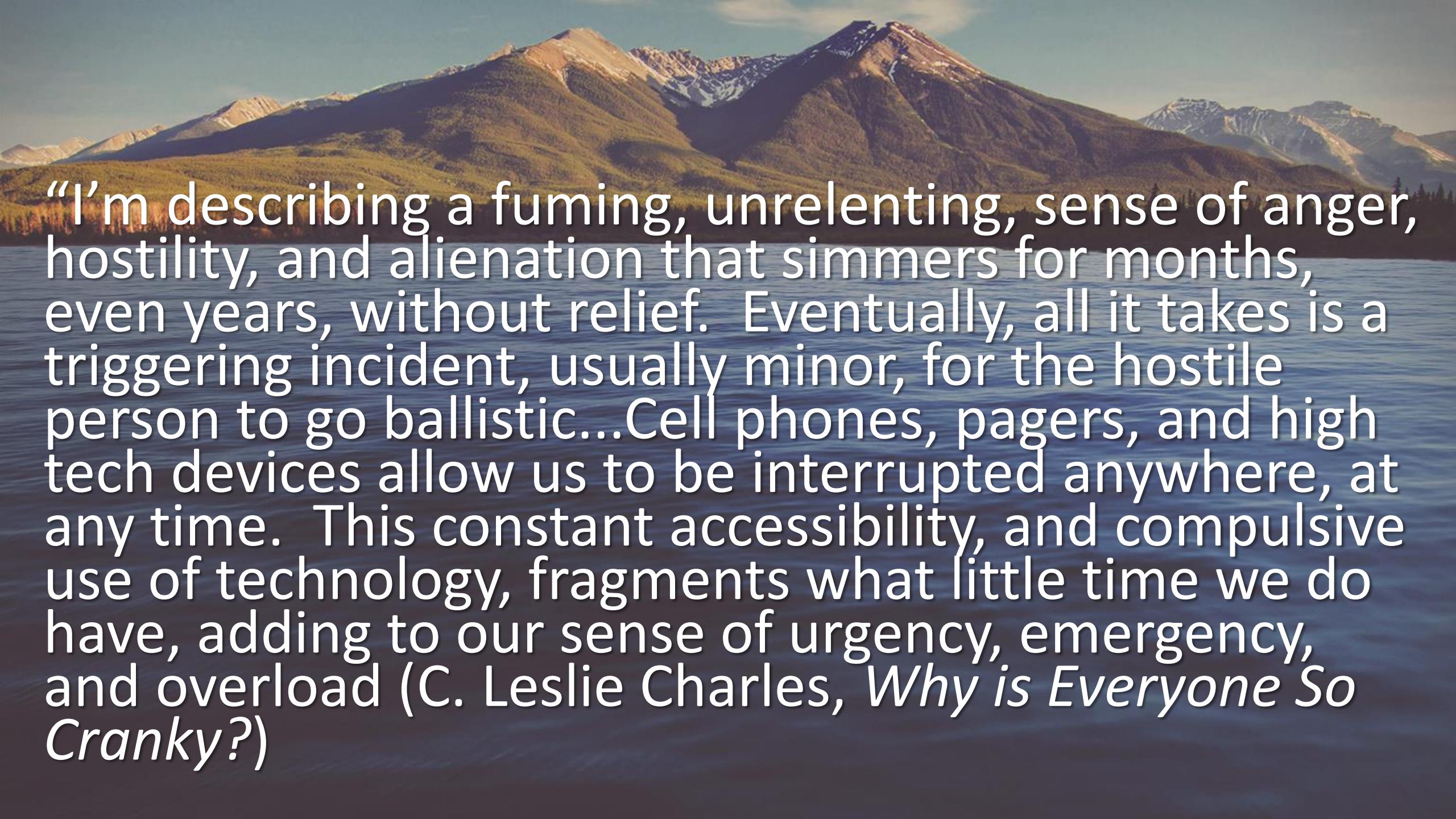


TRUE WISDOM
- FOR -
TRUE LIVING

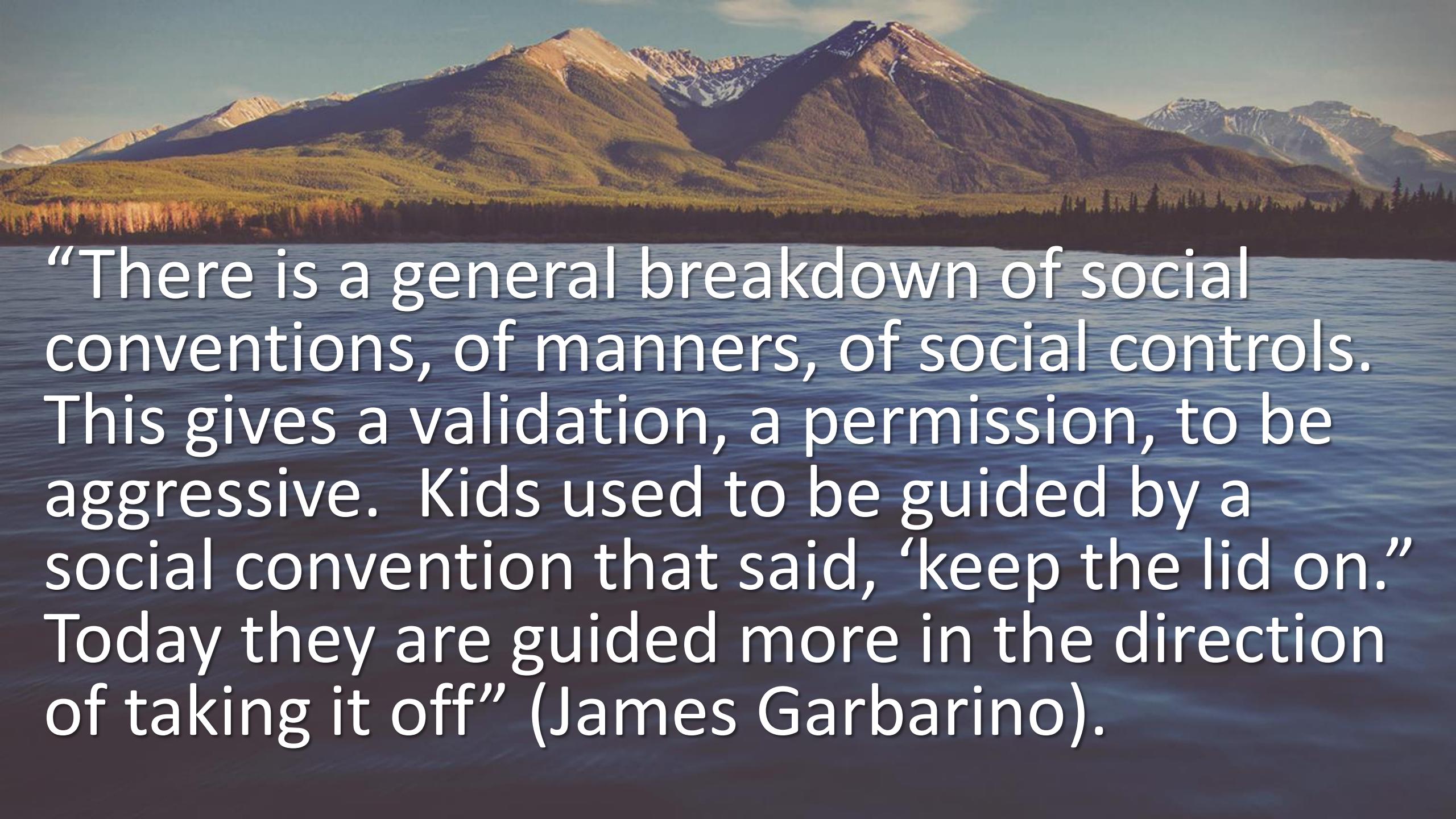
The title is overlaid on a photograph of a mountainous landscape. In the foreground, there's a body of water. Behind it, several mountain peaks are visible, some with snow on their summits and others covered in green forests. The sky above is filled with large, white, billowing clouds against a blue backdrop.



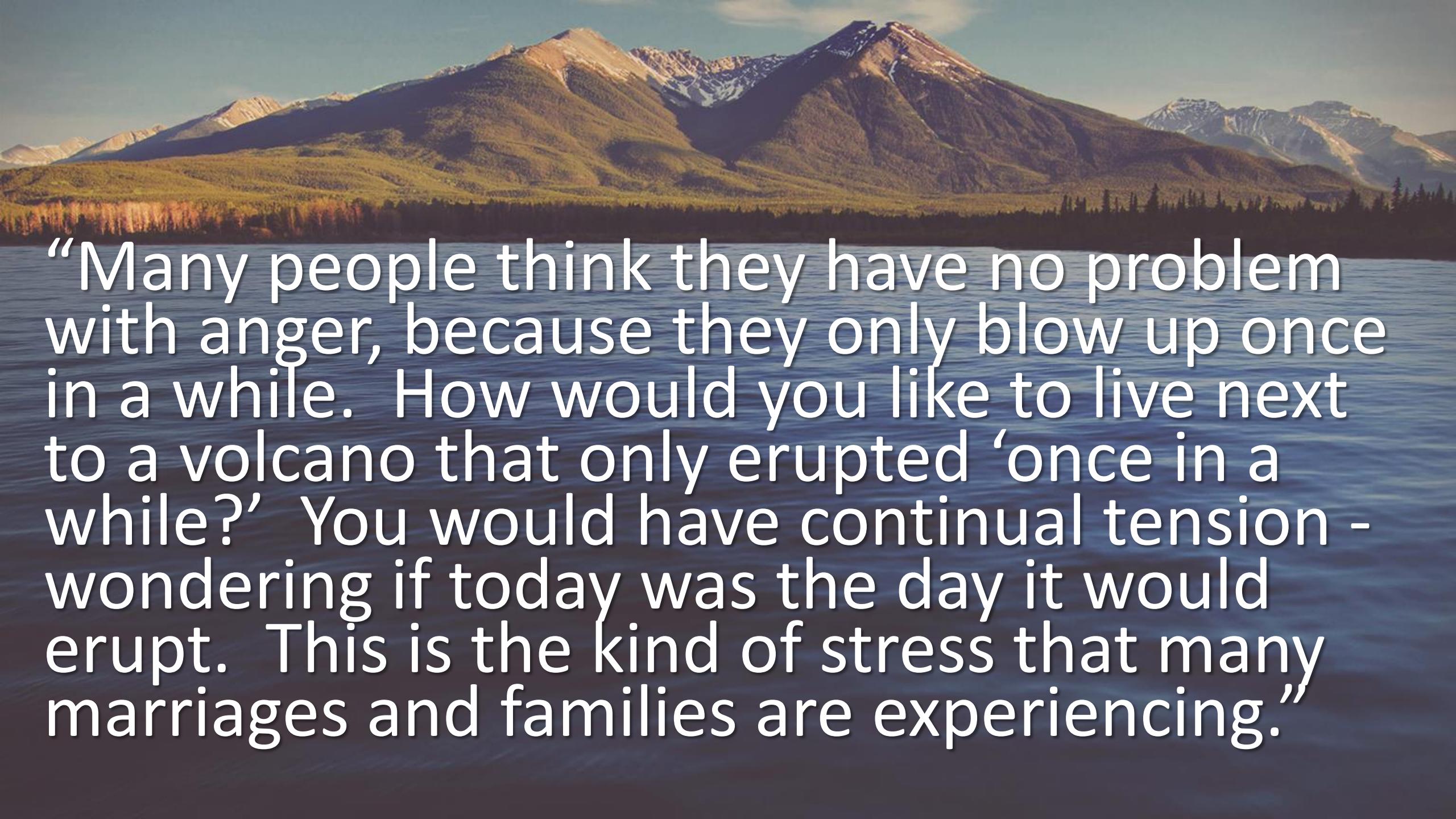
“Keeping my cool when I’m getting hot!”
A Study in Proverbs

A scenic landscape featuring a range of mountains in the background, their peaks partially covered in snow. In the foreground, there is a body of water, possibly a lake or a wide river, with gentle ripples on the surface. The overall atmosphere is serene and natural.

“I’m describing a fuming, unrelenting, sense of anger, hostility, and alienation that simmers for months, even years, without relief. Eventually, all it takes is a triggering incident, usually minor, for the hostile person to go ballistic...Cell phones, pagers, and high tech devices allow us to be interrupted anywhere, at any time. This constant accessibility, and compulsive use of technology, fragments what little time we do have, adding to our sense of urgency, emergency, and overload (C. Leslie Charles, *Why is Everyone So Cranky?*)

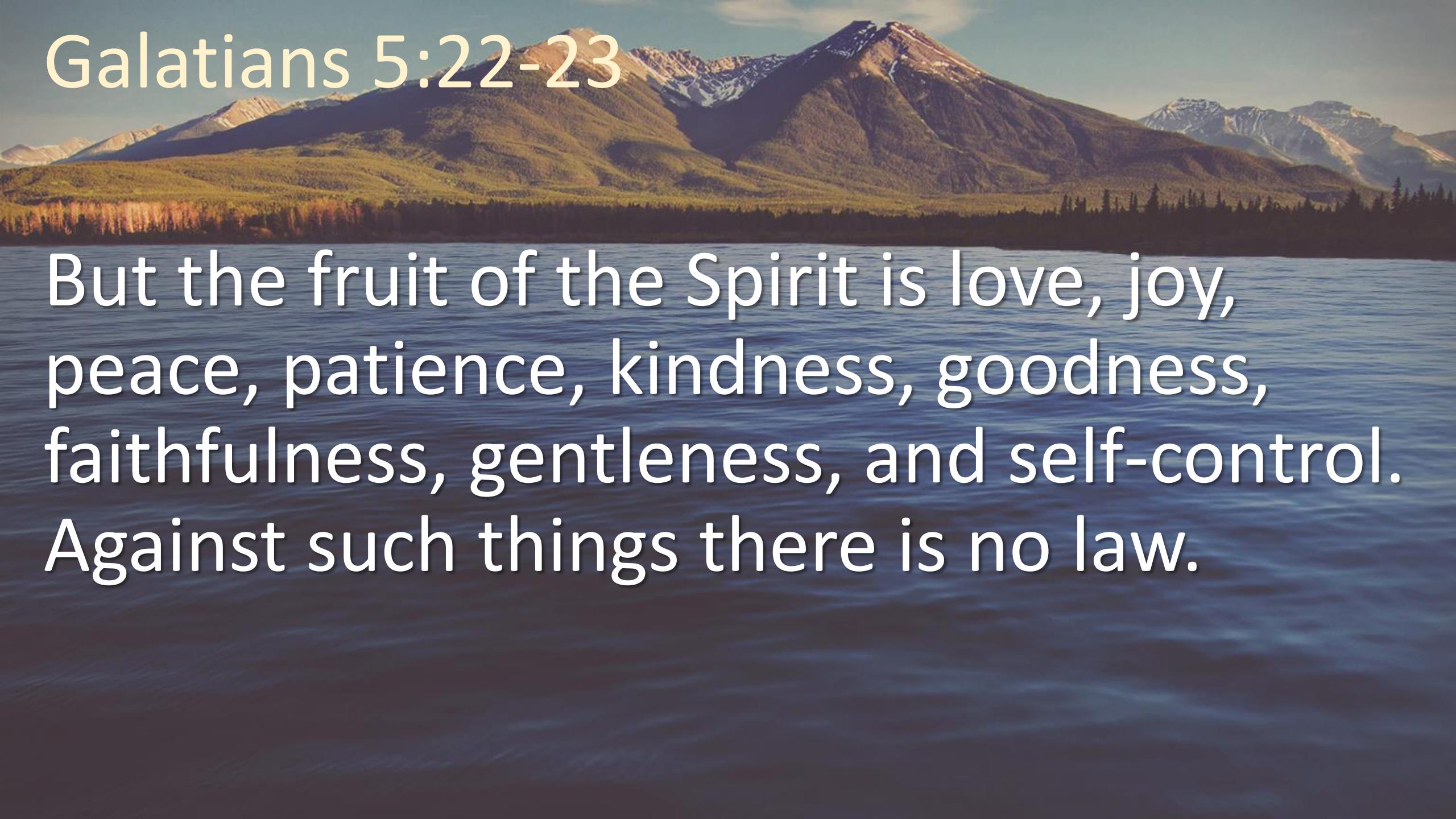
A wide-angle photograph of a natural landscape. In the background, there are majestic mountains with snow-capped peaks under a clear blue sky. The middle ground shows a calm lake with dark blue water. The foreground is a dense forest of evergreen trees. The overall scene is serene and beautiful.

“There is a general breakdown of social conventions, of manners, of social controls. This gives a validation, a permission, to be aggressive. Kids used to be guided by a social convention that said, ‘keep the lid on.’ Today they are guided more in the direction of taking it off” (James Garbarino).

A wide-angle photograph of a natural landscape. In the foreground, there is a dark blue body of water, possibly a lake or a large river. Behind the water, a range of mountains is visible, their peaks reaching towards a clear blue sky. The mountains are covered with dense forests of green trees. The lighting suggests it might be either sunrise or sunset, casting a warm glow on the scene.

“Many people think they have no problem with anger, because they only blow up once in a while. How would you like to live next to a volcano that only erupted ‘once in a while?’ You would have continual tension - wondering if today was the day it would erupt. This is the kind of stress that many marriages and families are experiencing.”

Galatians 5:22-23

A wide-angle photograph of a natural landscape. In the background, there are majestic mountains with their peaks partially covered in snow. The middle ground features a calm lake with a slight reflection of the surrounding environment. Along the shore of the lake, there is a dense forest of evergreen trees. The sky above is clear and blue, suggesting a bright day.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.



Four keys to keeping my cool.



1. Count until I am in control

The background of the image is a wide-angle photograph of a natural landscape. In the foreground, there is a body of water with gentle ripples. Behind the water, a dense forest of evergreen trees stretches across the middle ground. In the background, a range of majestic mountains rises, their peaks partially covered in snow. The sky above is a clear, pale blue.

Proverbs 14:29

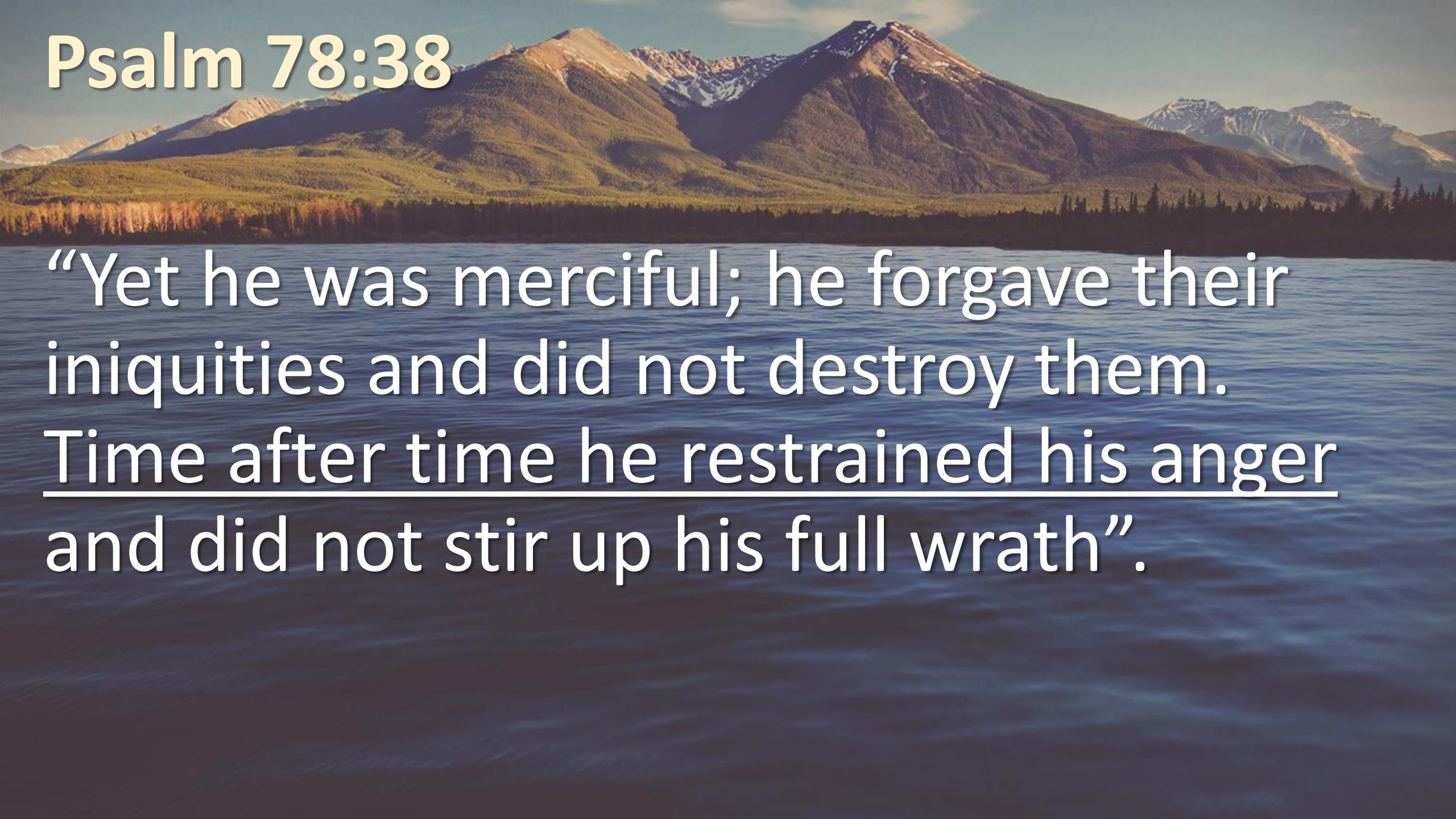
“A patient man has great understanding,
but a quick-tempered man displays folly”.

Proverbs 12:16

A fool's wrath (anger) is known at once,
but a prudent (wise) man covers shame.

Exodus 34:6-7

“The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion, and sin”.

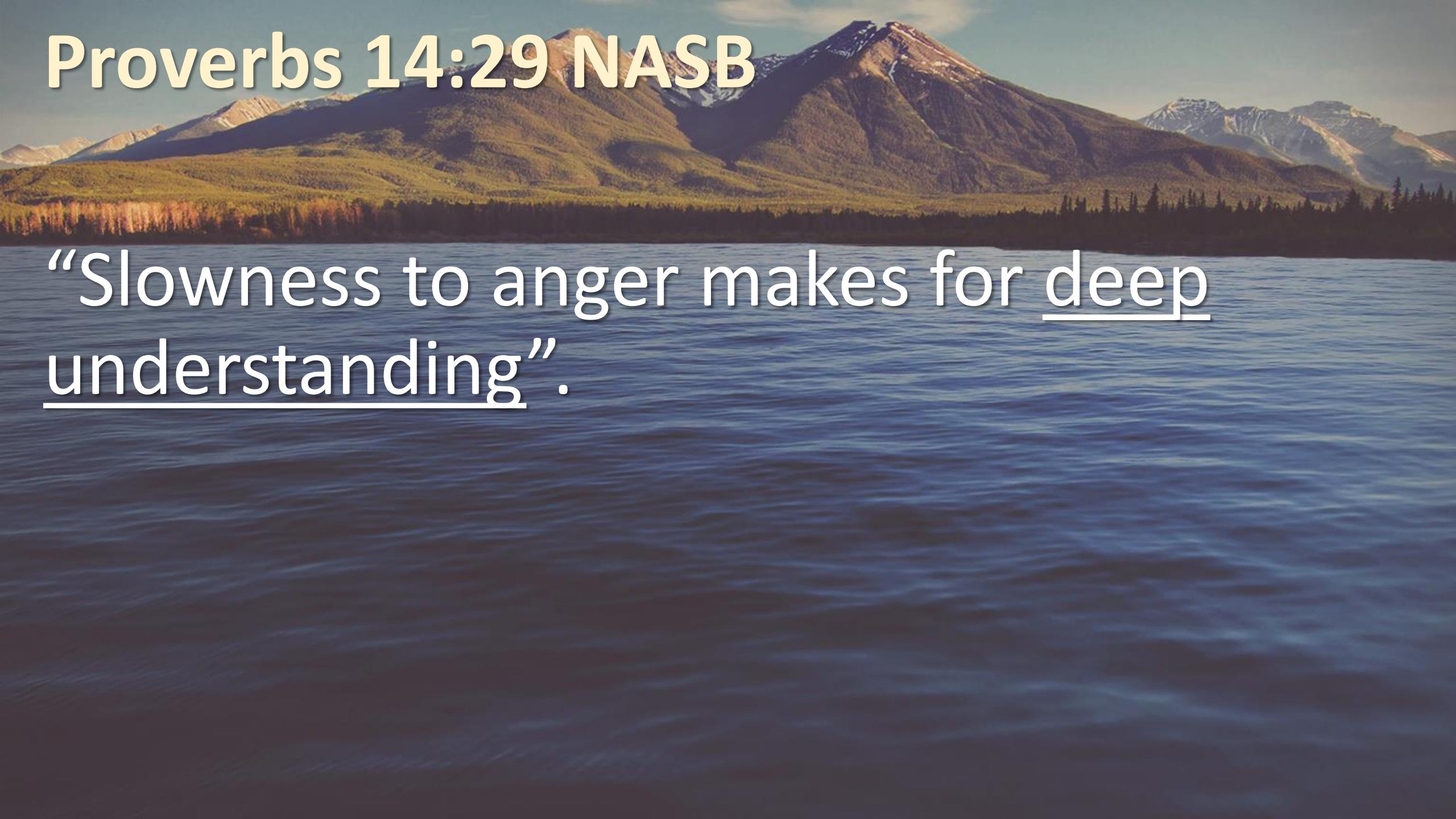
A wide-angle photograph of a natural landscape. In the background, there are majestic mountains with snow-capped peaks under a clear blue sky. In the middle ground, a large body of water, possibly a lake or a wide river, reflects the surrounding environment. The foreground is filled with the dark, dense green of a forest. The overall scene is serene and inspiring.

Psalm 78:38

“Yet he was merciful; he forgave their iniquities and did not destroy them. Time after time he restrained his anger and did not stir up his full wrath”.

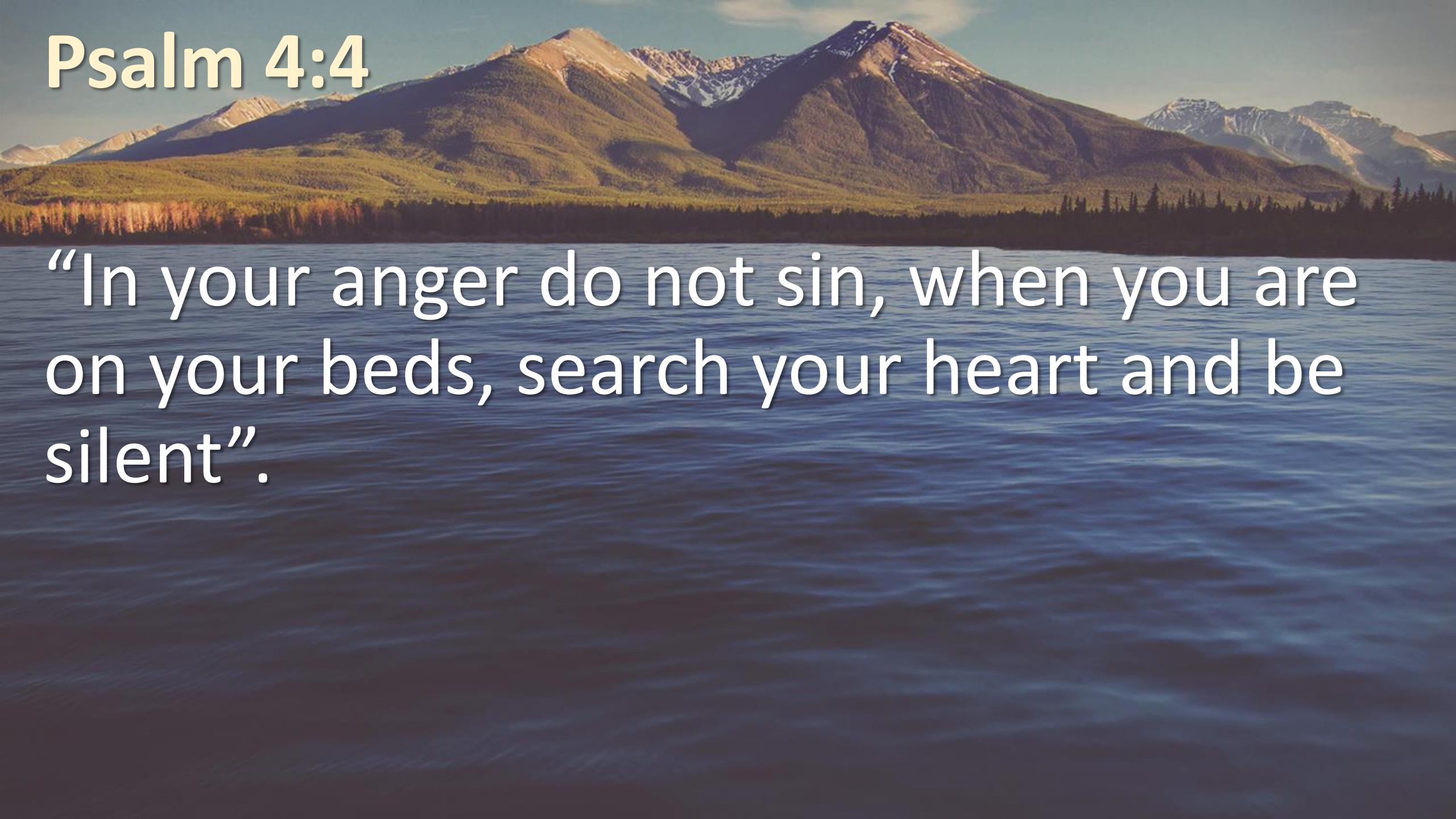


2. Consider what's really happening

The background of the image is a wide-angle photograph of a natural landscape. In the foreground, there is a body of water with gentle ripples. Behind the water, a dense forest of evergreen trees stretches across the middle ground. In the background, a range of mountains is visible, their peaks partially obscured by a clear blue sky. The lighting suggests it might be early morning or late afternoon.

Proverbs 14:29 NASB

“Slowness to anger makes for deep
understanding”.

A wide-angle photograph of a natural landscape. In the foreground, there is a body of water with gentle ripples. Behind the water, a dense forest of evergreen trees stretches across the middle ground. In the background, a range of majestic mountains rises, their peaks partially covered in snow. The sky above is a clear, pale blue.

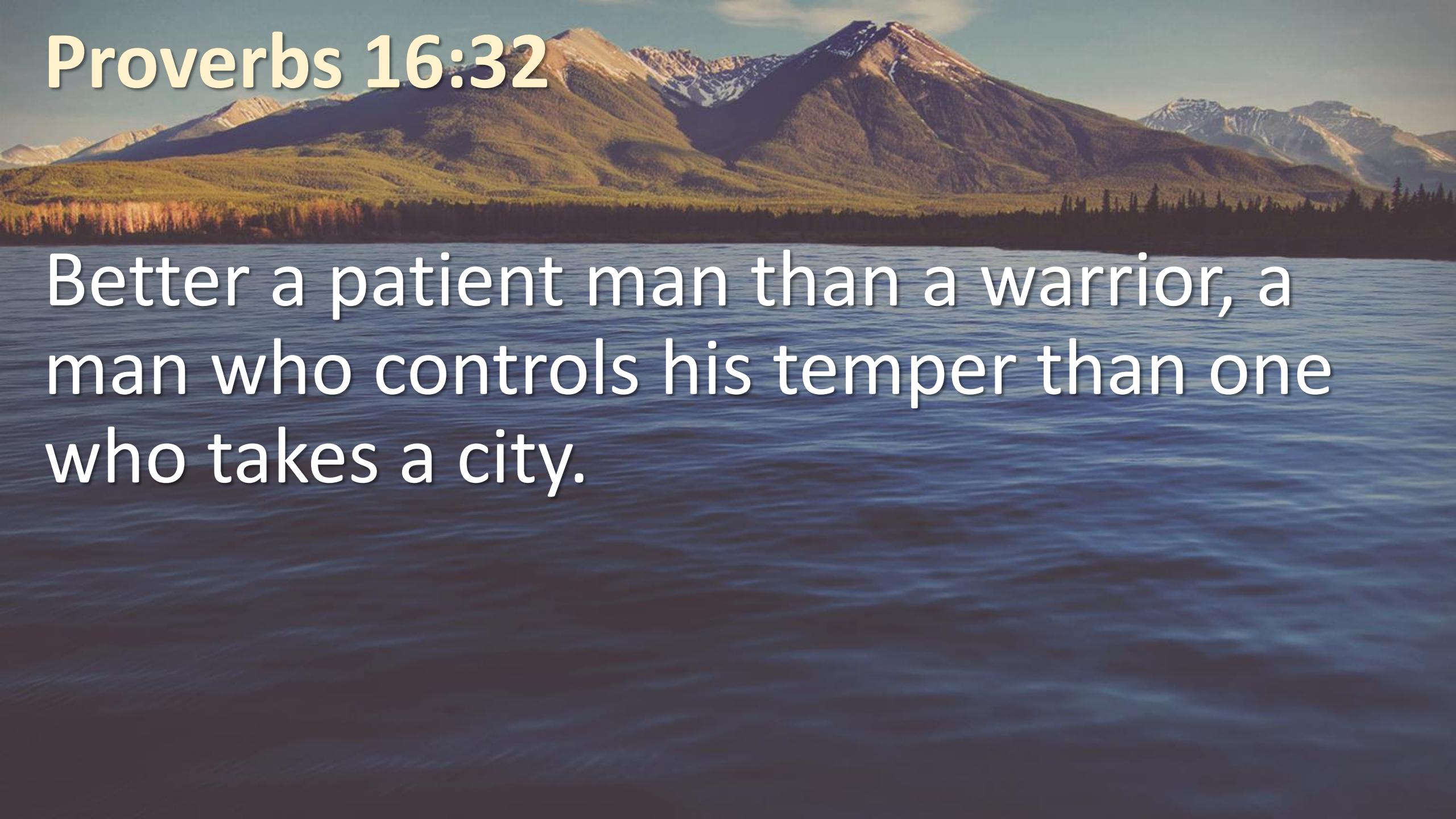
Psalm 4:4

“In your anger do not sin, when you are
on your beds, search your heart and be
silent”.

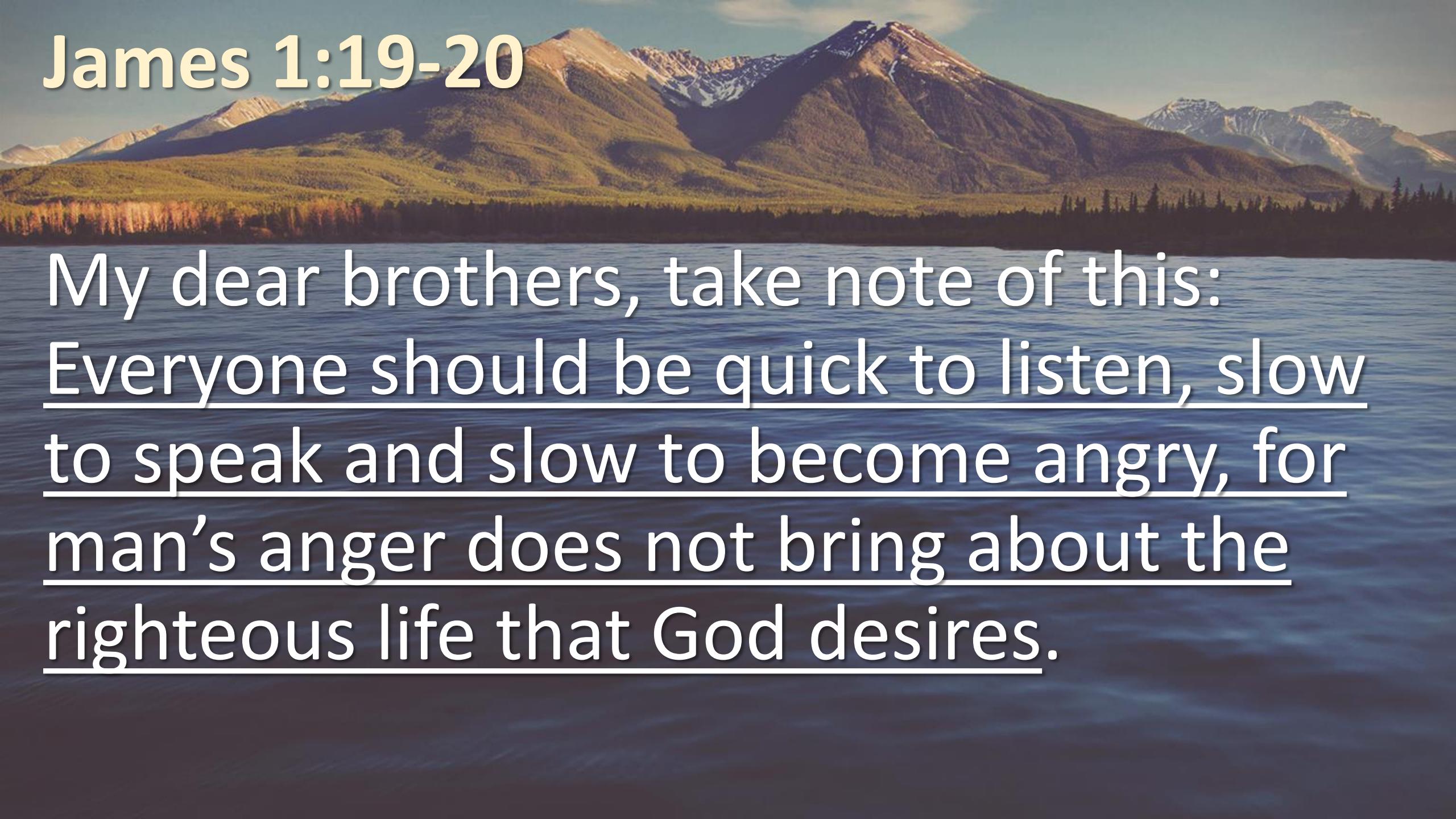


3. Choose how I will respond

Proverbs 16:32



Better a patient man than a warrior, a
man who controls his temper than one
who takes a city.

The background of the slide features a wide-angle photograph of a natural landscape. In the foreground, there is a dark blue body of water, possibly a lake or a large river. Behind the water, a range of mountains is visible, their peaks reaching towards a clear blue sky. The mountains are covered with dense forests of green and yellow trees, suggesting a change in seasons. The overall scene is serene and majestic.

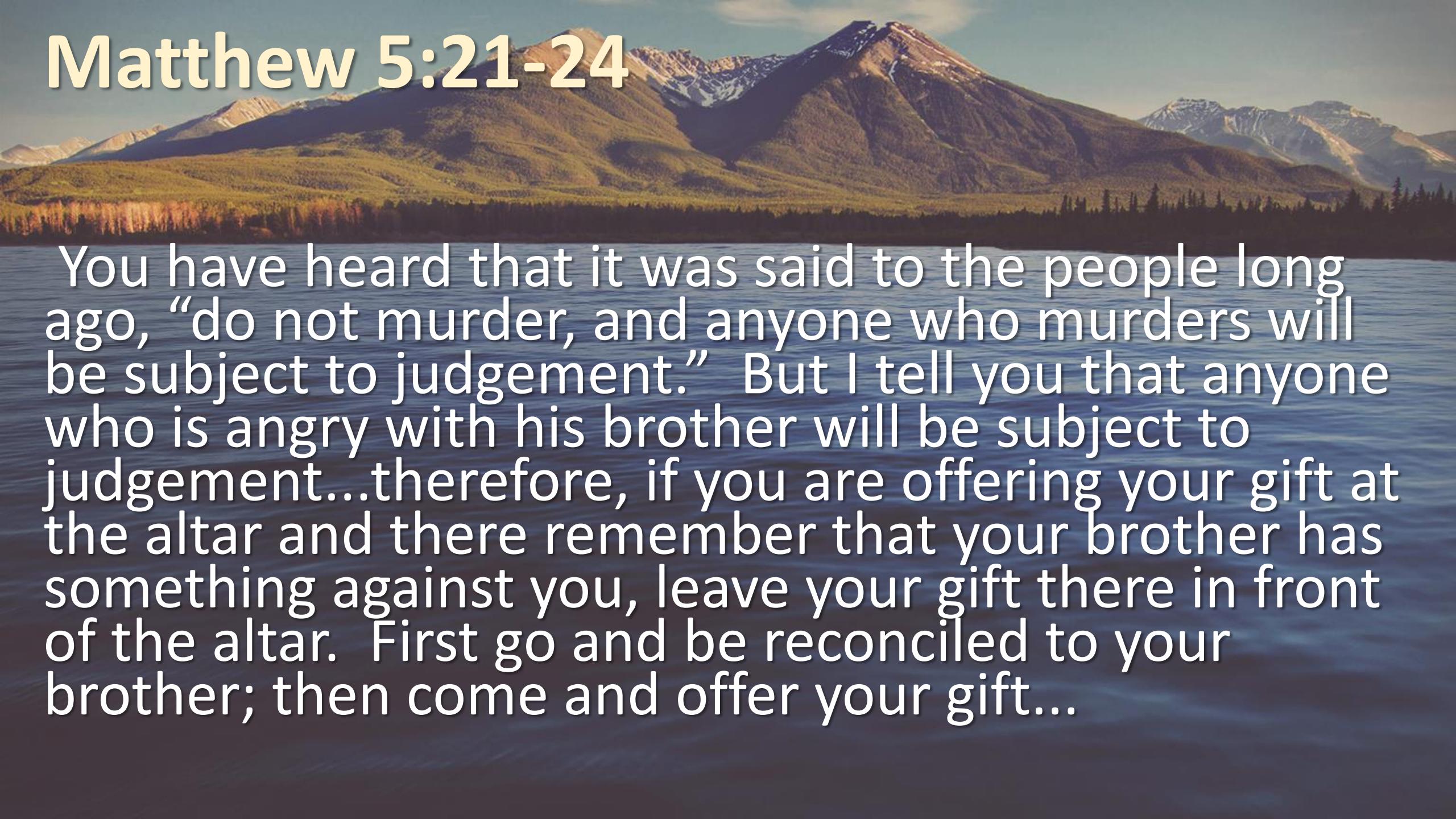
James 1:19-20

My dear brothers, take note of this:
Everyone should be quick to listen, slow
to speak and slow to become angry, for
man's anger does not bring about the
righteous life that God desires.



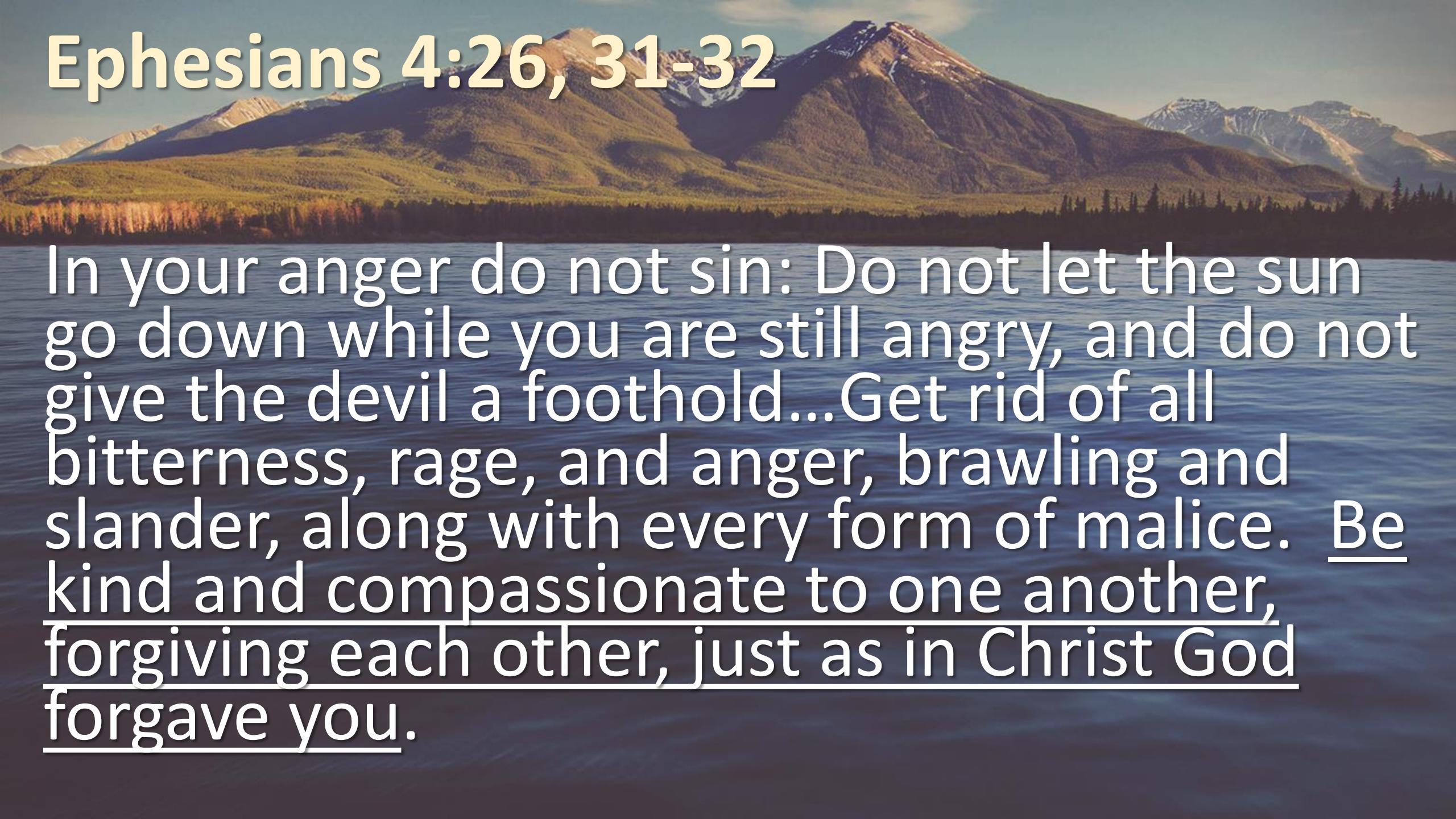
4. Confess my feelings (Matthew 5:21-26)

Matthew 5:21-24

A scenic landscape featuring a large, rugged mountain range in the background, its peaks partially covered in snow. In the middle ground, there's a calm lake reflecting the surrounding environment. A dense forest of evergreen trees lines the shore of the lake. The sky is clear and blue.

You have heard that it was said to the people long ago, “do not murder, and anyone who murders will be subject to judgement.” But I tell you that anyone who is angry with his brother will be subject to judgement...therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift...

Ephesians 4:26, 31-32

A scenic landscape featuring a large, dark blue lake in the foreground. In the background, there are several majestic mountains with their peaks partially covered in snow. The sky is a clear, pale blue.

In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold...Get rid of all bitterness, rage, and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.