

Whoever is _____ to _____ is better than the mighty, and he who _____ his _____ than he who takes a city. (Prov 16:32)



In a world filled with short tempers and unbridled anger, it's worth our time (as those focused on bringing the best) to study a critical confrontation from the Old Testament that nearly ended in bloodshed because the going got tough, and emotions began to run wild.

- "Now Samuel _____." (1 Sam 25:1)
- Characters:
 - _____, Israel's next king
 - _____ (name means *fool*), very rich but also _____
 - _____, Nabal's wife
- David's _____ (25:1-8)
- Emotions quickly spin _____ of control (25:10-13, 21-22)
- "Whoever is slow to anger is better than the mighty" (25:14-20, 23-35)

Common Ways of Processing Anger:

- The _____: explosive and obvious
- The _____: simmering under the lid, with the potential for an eventual explosion
- The _____: rough and irritable
- The _____: cold and distant, with potential for resentment beneath the surface

Proverbs to Help Us Rule Our Spirits:

- 14:17: a man of _____ temper
- 14:29: a hasty temper exalts _____
- 15:1: a harsh word _____ up anger
- 15:18: stirred up _____
- 15:28: pondering _____ to answer
- 17:14: _____ before the quarrel
- 19:11: _____ to overlook offense
- 22:24: _____ to anger
- 27:4: anger is _____
- 29:11: full _____ to his spirit
- 29:22: much _____

The bottom line: Our spirits need a _____ (Eph 4:26-27; Col 3:15).