



**Pastoral Answers to Life's Questions:  
How Do I Deal With My Anger Daily?**

**Introduction:**

**GARDENING TIPS FOR DEALING WITH MY ANGER**

**Gardening Tip #1. Be more tolerant of other's shortcomings** (Prov. 19:11; 1 Pet. 4:8).

“Lighten up!”

**Gardening Tip #2. Do not provoke others to anger** (Jas. 1:19; Prov. 20:2; Eph. 6:4; Col. 3:21)

“Don't push each other's anger button!”

**Gardening Tip #3. Do not knowingly put yourself in a situation where you know you'll get angry**  
(Prov. 20:3; 22:24-25; 26:17; Rom. 12:18).

“Don't grab the dog by the ear!”

**Gardening Tip #4. Stop a quarrel before it gets out of control** (Prov. 17:14).

“Don't let the water out of the dam!”

**Gardening Tip #5. Do not talk behind another's back** (Prov. 26:20).

“Don't rally troops!”

**Gardening Tip #6. Think before you talk** (Eph. 4:29).

“Engage your brain before opening your mouth!”

**Gardening Tip #7. Lower your voice** (Prov. 15:1).

“Talk to the other person as if you are talking to God!”

**Gardening Tip #8. Forgive and seek forgiveness** (Matt. 5:21-24; Eph. 4:31-32).

“Be the first to ask forgiveness!”

**Gardening Tip #9. Consider the other person's needs as more important than your own**  
(Phil. 2:3-4; Eph. 5:21).

“Act like a mountain goat!”

**Gardening Tip #10. Love in word and deed** (Prov. 10:12; 21:14; Gen. 27:40-41; 32:13; 33:10-11)

“Bribe the other person with a gift in secret!”

e.g. love languages: gifts, quality time, words of affirmation, acts of service and physical touch