

## **Proverbs 29:11**

### **Ready:**

Proverbs 29:11 A fool gives full vent to his anger, but a wise man keeps himself under control.

### **Set**

Hockey Chat: Many penalties in a hockey game aren't just blatant attacks from the opponent for no reason. Often there was a little something more to the story. There was some bad blood built up along the way. That's why most fights happen later in the game. The emotions are boiling over and they give in. In many penalties, the one who loses control is the one who makes is anger apparent and gets called for it.

### **Go**

Life Lesson: You are going to be angry in life. At your boss, your friends, your kids, your spouse. There is nothing wrong with being angry. The problem can arise with how we deal with it. Festering in it doesn't work and not even Jesus bottled it all up. When we deal with it, we should handle it with prayerful control asking God for the strength. Easier said than done when you are wrapped up in the moment, but the outcome is much better.

### **Bible Reference:**

Proverbs 29



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