



THE BOOK OF
EXODUS

FROM BONDAGE TO DELIVERANCE

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Lesson I

“Learn to Manage Anger”

Exodus 2:11-12

11 And it came to pass in those days, when Moses was grown, that he went out unto his brethren, and looked on their burdens: and he spied an Egyptian smiting an Hebrew, one of his brethren.

12 And he looked this way and that way, and when he saw that there was no man, he slew the Egyptian, and hid him in the sand.

3 R Method

Relax

Reassess

Respond

Adopt a calm demeanor

Proverbs 17:27

27 He who has knowledge
spares his words,
And a man of understanding is
of a calm spirit.

Ecclesiastes 10:4

4 If the anger of the ruler rises against you, do not leave your place,
for calmness will lay great offenses to rest.



Ecclesiastes 10:4

⁴ If your boss is angry at you, don't quit!
A quiet spirit can overcome even great mistakes.


Use a Measured tone of voice

Proverbs 15:1

**15 A soft answer turns away
wrath,
but a harsh word stirs up
anger.**

Proverbs 15:1

15 A gentle answer deflects
anger,
but harsh words make
tempers flare.



Avoid gestures, facial expressions, or body language that might be perceived as aggressive, condescending, or arrogant.



Relax

Reassess

Respond

(adopt a calm demeanor)

(use a measured tone of voice)

(avoid gestures, facial expressions, or body language that might be perceived as aggressive, condescending, or arrogant)