

BELOVED BE LOVED BE LOVE

LOVE IS NOT EASILY ANGERED

November 16 & 17, 2024

1 Corinthians 13:5 (NIV)

It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

How to Tame my Temper

1

_____ to manage my temper.

Proverbs 29:11 (LB)

A rebel shouts in anger; a wise man holds his temper in and cools it.

2

_____ the cost of uncontrolled anger.

Proverbs 29:22 (LB)

A hot-tempered man starts fights and gets into all kinds of trouble.

Three Pitfalls of Being Hot Tempered

- I'm constantly _____.

Proverbs 15:18 (GNT)

Hot tempers cause arguments, but patience brings peace.

- I'm prone to make _____.

Proverbs 14:29 (LB)

A wise man controls his temper. He knows that anger causes mistakes.

- I'm a _____.

Proverbs 14:17 (GNT)

People with a hot temper do foolish things; wiser people remain calm.

Proverbs 11:29 (LB)

The fool who provokes his family to anger and resentment will finally have nothing worthwhile left. He shall be the servant of a wiser man.

3

_____ before reacting.

Proverbs 29:11 (NEB)

“A stupid man gives free reign to his anger. A wise man waits and lets it grow cool.”

Proverbs 19:11 (NIV)

A person’s wisdom yields patience; it is to one’s glory to overlook an offense.

Three Questions of Reflection

- _____ am I so angry?
- _____ do I really want from this situation?
- _____ can I get it?

4

_____ my anger appropriately.

Ephesians 4:26 (TPT)

But don’t let the passion of your emotions lead you to sin! Don’t let anger control you or be fuel for revenge, not for even a day.

Three Causes of Anger

- _____
- _____
- _____

Proverbs 15:1 (TPT)

Respond gently when you are confronted and you’ll defuse the rage of another. Responding with sharp, cutting words will only make it worse. Don’t you know that being angry can ruin the testimony of even the wisest of men?

Do’s and Don’ts of dealing with my anger

- Don’t _____ it
- Don’t _____ it
- Don’t _____ it
- Do _____ it

5

_____ my mind.

Romans 12:2 (TPT)

Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God's will as you live a beautiful life, satisfying and perfect in his eyes.

Proverbs 22:24 (LB)

Keep away from angry, short-tempered men, lest you learn to be like them and endanger your soul.

6

_____ on God's help.

Romans 15:5 (NCV)

May the patience and encouragement that come from God allow you to live in harmony with each other the way Christ Jesus wants.

Galatians 5:22 (NIV)

...the fruit of the Spirit is ... patience.

Matthew 12:34 (NLT)

You brood of snakes! How could evil men like you speak what is good and right? For whatever is in your heart determines what you say.

Ezekiel 36:26 (MSG)

I'll give you a new heart, put a new spirit in you. I'll remove the stone heart from your body and replace it with a heart that's God-willed, not self-willed.

2 Corinthians 5:17 (GW)

Whoever is a believer in Christ is a new creation. The old way of living has disappeared. A new way of living has come into existence.

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How to Tame my Temper

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Resolve to manage my temper.

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2

Remember the cost of uncontrolled anger.

Proverbs 29:22 (LB)

A hot-tempered man starts fights and gets into all kinds of trouble.

Three Pitfalls of Being Hot Tempered

- I'm constantly argumentative.

Proverbs 15:18 (GNT)

Hot tempers cause arguments, but patience brings peace.

- I'm prone to make mistakes.

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- I'm a fool.

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The fool who provokes his family to anger and resentment will finally have nothing worthwhile left. He shall be the servant of a wiser man.

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Reflect before reacting.

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Proverbs 19:11 (NIV)

A person’s wisdom yields patience; it is to one’s glory to overlook an offense.

Three Questions of Reflection

- **Why am I so angry?**
- **What do I really want from this situation?**
- **How can I get it?**

4

Release my anger appropriately.

Ephesians 4:26 (TPT)

But don’t let the passion of your emotions lead you to sin! Don’t let anger control you or be fuel for revenge, not for even a day.

Three Causes of Anger

- **Hurts**
- **Frustrations**
- **Fears**

Proverbs 15:1 (TPT)

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Do’s and Don’ts of dealing with my anger

- **Don’t suppress it**
- **Don’t repress it**
- **Don’t express it**
- **Do confess it**

5

Reform my mind.

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