

LOVE IS NOT EASILY ANGERED

40 Days of Love – Part 5

Love does not dishonor others, it is not self-seeking,
it is not easily angered, it keeps no record of wrongs. 1 Cor 13:5

HOW TO TAME OUR TEMPER?

1. RESOLVE _____

Foolish people lose their tempers, but wise people control theirs.
Proverbs 29:11

2. REMEMBER _____

An angry person stirs up conflict,
and a hot-tempered person commits many sins. Proverbs 29:22

A hot-tempered person stirs up conflict,
but the one who is patient calms a quarrel. Proverbs 15:18

...anger causes mistakes. Proverbs 14:29 (LB)

A quick tempered person does foolish things. Proverbs 14:17

I always lose when I lose my temper!

Common responses to anger – more A_____, A_____, A_____

See also Proverbs 11:29

3. REFLECT _____

Whoever is patient has great understanding,
but one who is quick-tempered displays folly. Proverbs 14:29

A person's wisdom yields patience ... Proverbs 9:11

... do not let the sun go down while you are still angry ... Eph 4:26-27

ASK 3 QUESTIONS

- WHY AM I ANGRY?

Why am angry? What is irritating me? What is making me feel that way?
Why are they angry? What is irritating them? What's making them feel that way?

Is it from: H_____ F_____ or F_____?

- WHAT DO I REALLY WANT?
- HOW CAN I GET IT? (hint not by getting angry!)

See also Psalm 141:3 Proverbs 20:1

4. RELEASE _____

In your anger do not sin ... Ephesians 4:26

"A gentle answer turns away wrath, but a harsh word stirs up anger
Proverbs 15:1

The world says: S_____ it, R_____ it, E_____ it
(be sarcastic, manipulate, erupt, pout, go crazy)

God says C_____ it

5. RENEW _____

Don't let the world squeeze you into its mold ...
Rom 12:2a (JB Philips)

Do not conform to the pattern of this world,
but be transformed by the renewing of your mind.
Then you will be able to test and approve what God's will is –
His good, pleasing and perfect will. Romans 12:2

T _____ → F _____ → F _____

Do not make friends with hot-tempered people,
do not associate with one easily angered. Proverbs 22:24

See also Colossians 3:19 and Ephesians 5:25

6. RELY _____

Patience and encouragement come from God see Romans 15:5

The fruit of the Spirit is...patience. Galatians 5:22

“... the mouth speaks what the heart is full of ...” Matthew 12:34

... create in me a pure heart ... Psalm 51:5

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.
Ezekiel 36:26 (MSG)