

LOVE IS NOT EASILY ANGERED
All About Love - Part 5
March 15, 2009

1 Corinthians 13:5 (NIV) *“Love is not easily angered...”*

HOW DO YOU TAME YOUR TEMPER?

1. _____ to manage it.

Proverbs 25:28 (TEV) *“If you cannot control your anger, you are as helpless as a city without walls, open to attack.”*

Proverbs 29:11 (NIV) *“A fool gives full vent to anger, but a wise person keeps themselves under control.”*

2. _____ the cost.

Proverbs 29:22 (TLB) *“A hot-tempered person... gets into all kinds of trouble.”*

Proverbs 15:18 (TEV) *“Hot tempers cause arguments...”*

Proverbs 14:29 (TLB) *“...Anger causes mistakes.”*

Proverbs 14:17 (TEV) *“People with a hot temper do foolish things.”*

3. _____ before reacting.

Proverbs 29:11 (NEB) *“A stupid person gives free reign to his or her anger; a wise person waits and lets it grow cool.”*

Anger isn't always wrong, but _____ is!

Root Causes of Anger...

- _____
- _____
- _____

Psalms 141:3 (NCV) *“Lord, help me control my tongue; help me be careful about what I say.”*

4. _____ your anger appropriately.

Ephesians 4:26 (TEV) *“If you become angry, do not let your anger lead you into sin, and do not stay angry all day.”*

Proverbs 15:1 (TEV) *“A gentle answer quiets anger, but a harsh one stirs it up.”*

Ways To Deal With Anger...

- Don't _____ it.
- Don't _____ it.
- Don't _____ it.

Try God's way that does work: _____ it!

5. _____ your mind.

Romans 12:2 (NLT) *“Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.”*

Proverbs 22:24-25 (NLT) *“Keep away from angry, short-tempered people,²⁵ or you will learn to be like them and endanger your soul.”*

6. _____ on God's help.

Romans 15:5 (NCV) *“Patience and encouragement come from God. And I pray that God will help you all agree with each other the way Christ Jesus wants.”*

Galatians 5:22 (NIV) *“But the fruit of the Spirit is... patience.”*

Matthew 12:34b (NLT) *“For whatever is in your heart determines what you say.”*

Psalms 51:10a (NLT) *“Create in me a clean heart, O God. n heart, O God.”*