

LOVE IS NOT EASILY ANGERED

INTRODUCTION: Is anger a sin? Is anger a sin? Yes ___ No ___

- Two extremes when people get angry?
 1. _____ ! (Turtles)
 2. _____ ! (Skunks)

FOUR THINGS TO TAME YOUR TEMPER

1. R _____ TO MANAGE IT.

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

- Nobody _____ you mad.
- Key: You make your choice _____.

2. R _____ THE COST.

Proverbs 29:22 (LB) "A hot tempered man... gets into all kinds of trouble."

- Agree or disagree:

1. Proverbs 15:18 (TEV) "Hot tempers cause arguments."

2. Proverbs 14:29 (LB) "Anger causes mistakes."

3. Proverbs 14:17 (TEV) "People with hot tempers do foolish things."

- Three price tags for anger
 1. People get angry _____.
 2. People just become _____.
 3. People's relationships are _____.

3. R _____ BEFORE REACTING

Proverbs 29:11 (NCB) "A stupid man gives free rein to his anger; a wise man waits and lets it grow cool."

- Thomas Jefferson: When you get angry, _____.
- _____
- You don't put your foot in your mouth when it is _____.

Proverbs 19:11 (NIV) "A man's wisdom gives him patience."

- While reflecting, try to _____.
- Three questions to ask:
 1. _____ am I angry?
 2. _____ do I really want?
 3. _____ can I get it?
- Three root causes of anger.
- _____

1. _____
2. _____
3. _____

Psalm 141:3 (NCV) "Lord, help me control my tongue; help me to be careful about what I say."

4. **R** _____ **MY ANGER APPROPRIATELY.**

Ephesians 4:26 (TEV) "If you become angry, don't let your anger lead you into sin."

- A pop psychology myth: everybody has a _____.
- Everybody has a _____ for anger.
- A Biblical Truth:

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

- Three bad ways to deal with anger.
 1. You don't _____ it.
 2. You don't _____ it.
 3. You don't _____ it.
- God's way to deal with anger is _____ it.

Romans 15:5 (NCV) "Patience and encouragement come from God."

- The _____ you are to Jesus, the more patience you have.

CONCLUSION: The heart of the problem is a problem of the heart.

Galatians 5:22 (NIV) "The fruit of the Spirit is ...patience."

- Four steps
 1. **R** _____ to manage your temper.
 2. **R** _____ the cost.
 3. **R** _____ before reacting.
 4. **R** _____ my anger appropriately.