

HOW DO YOU TAME YOUR TEMPER?

There are some times in life you should get angry. The problem is not anger. The problem is whether it's appropriate or inappropriately **expressed**. (Rick W.)

1. RESOLVE TO MANAGE IT

- Realize that anger is a **choice** and chose to **manage** it.
- Controlling your anger is **your** responsibility.

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

- Resolve means you make a choice in **advance**.

2. REMEMBER THE COST

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

*Proverbs 15:18 (GN) Hot tempers cause arguments.
Proverbs 14:29 (LB) . . . anger causes mistakes.
Proverbs 14:17 (GN) People with hot tempers do foolish things.*

- **I** always **lose** when I lose my temper.
- **Reputation** – Respect – Job – **Family** – Health

The fool who provokes his family to anger and resentment will finally have nothing worthwhile left. (Proverbs 11:29, LB)

- Nothing destroys relationships faster than **anger**.

3. REFLECT BEFORE REACTING

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

- Think **before** you speak. Remember the cost.
- **Delay** is a great remedy for anger.

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

Ask 3 questions: Why am I angry? What do I really want? How can I get it?

Three Causes: **hurts**, **frustrations** and **fears**.

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

Drinking too much makes you loud and foolish. It's stupid to get drunk. (Proverbs 20:1, TEV)

4. RELEASE MY ANGER APPROPRIATELY

- There is a **right** way and there is a **wrong** way to express anger.

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

- Talk **low** and **slow**. Not loud and fast.

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

What is the best way to deal with anger?

- Don't **suppress** it: Self-Storage
- Don't **repress** it: Self-Denial
- Don't **express** it: Self-Destruction
- Do **Admit** and **confess** it: Self-Preservation

5. RE-PATTERN YOUR MIND

- An angered response is a **learned** response.
- *In Christ, you can learn **new** patterns of behavior.*

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. (Romans 12:2a, NLT)

Keep away from angry, short-tempered people, or you will learn to be like them. (Proverbs 22:24, NLT)

- You can only change **you**.

6. RELY ON GOD'S HELP

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

- Your relationship and your closeness to Jesus Christ will determine the amount of **patience** you have in your life.

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

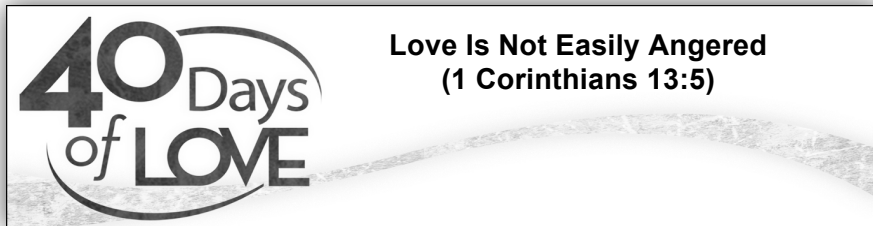
- Inappropriate anger is primarily a **heart** problem.

Whatever is in your heart determines what you say. (Matthew 12:34, NIV)

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)

What part of my heart does God need to change? _____



**Love Is Not Easily Angered
(1 Corinthians 13:5)**

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(Rick Warren)

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