

LOVE IS NOT EASILY ANGERED

40 Days Of Love – Part 5

November 1, 2009

I Corinthians 13:5

“Love.... is not easily angered...”
I Corinthians 13: 4-5 (NIV)

HOW DO I TAME MY TEMPER?

1. RESOLVE TO MANAGE IT.

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

2. REMEMBER THE COST.

“A hot-tempered man...gets into all kinds of trouble.” Proverbs 19:22 (LB)

Pro. 15:18 (GN) “Hot tempers cause arguments”

Pro. 14:29 (LB) “...anger causes mistakes.”

Pro. 14:17 (GN) “People with hot tempers do foolish things.”

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

3. REFLECT BEFORE REACTING.

“A man’s wisdom gives him patience.” Proverbs 19:11 (NIV)

“Lord, help me control my tongue; help me be careful about what I say.”
Psalms 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.

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

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

5. RE-PATTERN MY MIND.

“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 (LB)

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)

“The fruit of the Spirit is... patience.” Galatians 5:22 (NLT)

“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 (Mess)