

# LOVE IS NOT EASILY ANGERED

40 Days of Love - Part 5

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

## HOW DO YOU TAME YOUR 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 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.*

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

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

**Ask 3 questions:**

*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.

*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 (NLT)*

### 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 (NIV)*

*"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 (Mes)*