

LOVE IS NOT EASILY ANGERED

40 Days of Love - Part 5

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

HOW DO YOU TAME YOUR TEMPER?

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

2. REMEMBER _____
“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 _____
“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

4. RELEASE _____
“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 _____
“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 _____
“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 (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 (Mes)