

FRIENDS CAN TICK YOU OFF
HOW DO YOU TAME YOUR TEMPER?
“got friends” Part 9

1. RESOLVE TO MANAGE IT!

“A fool gives full vent to his anger, but a wise man keeps himself under control.”

Pr. 29:11 (LB)

2. REMEMBER THE COST

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

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

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

Pr. 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.”

Pr. 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.”

Pr. 29:11 (NEB)Y

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

Ask 3 questions:

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“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.”

Pr. 20:1 (TEV)

4. RELEASE MY ANGER APPROPRIATELY

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

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

5. RE-PATTERN YOUR 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 ...”

Pr. 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.” Rom. 15:5 (NCV)

“The fruit of the Spirit is... patience.” Gal. 5:22 (NIV)

“Whatever is in your heart determines what you say.” Mt. 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)

