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.”*  Pr. 29:11 (LB)

*2. REMEMBER \_\_\_\_\_\_\_\_\_\_­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*“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 \_\_\_\_\_\_\_\_\_\_\_\_­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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

*“A man’s wisdom gives him patience.”* Pr. 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.”*

Pr. 20:1 (TEV)

*4. RELEASE \_\_\_\_\_\_\_­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*“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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­\_\_\_\_\_\_\_\_\_\_\_\_*

*“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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­\_\_\_\_\_\_\_\_\_\_\_\_*

*“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)