



Developing Self Control

Parts 1-3

"A person without self-control is as defenseless as a city with broken-down walls."

PROVERBS 25:28 (NLT)

CONTROLLING MY ANGER

1. _____ TO CONTROL IT.

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

PROVERBS 29:11 (LB)

2. _____ 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."*

PROVERBS 11:29 (LB) *"The fool who provokes his family to anger and resentment will finally have nothing worthwhile left."*

3. _____ MY MOUTH.

"If you keep your mouth shut, you will stay out of trouble."

PROVERBS 21:23 (NLT)

"Be quick to listen, slow to speak and slow to become angry."

JAMES 1:19 (NIV)

4. _____ 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 myself:

5. _____ MY ANGER APPROPRIATELY.

"If you become angry, don't let your anger lead you into sin."

EPHESIANS 4:26 (GN)

A decorative border on the left and right sides of the page features various tools and symbols in a dark blue, textured font. On the left, there are icons of a hammer, a saw blade, a wrench, a hand, and a gear. On the right, there are icons of a book with a cross, a gear, a wrench, a hand, and a gear.

*“Keep away from angry, short-tempered people, or
you will learn to be like them...”*

PROVERBS 22:24 (NLT)

6. _____ **GOOD FOR EVIL.**

*“Never pay back evil for evil to anyone... never avenge yourselves.
Leave that to God... overcome evil with good.”*

ROMANS 12:17-21 (NLT)

7. _____ **GOD’S HELP**

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

PSALM 141:3 (NCV)

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

MATTHEW 12:34 (NIV)

“Let the peace of Christ rule in your heart...”

COLOSSIANS 3:15 (NAS)