

**MESSAGE 5: A FAITH THAT STAY CALM IN A CRISIS**  
*Parts 1-2*

**HOW TO STAY CALM IN A CRISIS OR CONFLICT**

**1. REALIZE** \_\_\_\_\_

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

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

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

“People with hot tempers do foolish things.” Proverbs 14:17 (GN)

“The fool who provokes his family to anger and resentment will finally have nothing worthwhile left.” Proverbs 11:29 (LB)

**2. RESOLVE** \_\_\_\_\_

“A fool gives full vent to his anger, but a wise man KEEPS himself under control.” Proverbs 29:11

Resolve = Decide in Advance

**3. REFLECT** \_\_\_\_\_

“My dear brothers and sisters, always be quick to listen, slow to speak, and slow to get angry, because human anger will never bring about the righteous life that God desires.” James 1:19-20

- BE QUICK \_\_\_\_\_

- BE SLOW \_\_\_\_\_

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

- BE SLOW \_\_\_\_\_

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

**ASK 3 QUESTIONS**

- WHY \_\_\_\_\_ Hurt? Frustration? Fear?

- WHAT \_\_\_\_\_

- HOW \_\_\_\_\_

**PRAY:**

“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 (GN)

#### 4. RELEASE \_\_\_\_\_

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

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

Don’t Suppress it . . . Repress it . . . or Express it. CONFESS it!

#### 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)

“If you exploit or abuse your family, you’ll end up with a fistful of air.” Proverbs 11:29 (MSG)

“You husbands must love your wives and never treat them harshly.” Colossians 3:19 (NLT)

#### 6. ASK GOD \_\_\_\_\_

“Love is not easily angered.” 1 Corinthians 13:5

“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

“The fruit of the Spirit is...patience.” Galatians 5:22

“Whatever is IN YOUR HEART determines what you say.” Matthew 12:34