

MESSAGE 4: DEVELOPING SELF-CONTROL

Parts 1-3

*"A person without self-control is as defenseless
as a city with broken-down walls." Pr. 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." Pr. 29:11 (LB)

2. _____ **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."*

Pr. 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." Pr. 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." Pr. 29:11 (NEB)

"A man's wisdom gives him patience." Pr. 19:11 (NIV)

Ask myself:

5. _____ **MY ANGER APPROPRIATELY.**

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

"Keep away from angry, short-tempered people, or you will learn to be like them..." Pr. 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." Rom. 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." Mt. 12:34 (NIV)

"Let the peace of Christ rule in your heart..." Col 3:15 (NAS)