

LOVE IS NOT EASILY ANGERED

40 Days of Love
Rick Warren

"Love is . . . not easily angered." 1 Corinthians 13:4-5 (NIV)

HOW DO YOU TAME YOUR TEMPER?

1. RESOLVE _____

"A fool always loses his temper, But a wise person holds it back."
Proverbs 29:11 (NASB)

2. REMEMBER _____

"A hot-tempered man . . . gets into all kinds of trouble." Proverbs 29:22 (TLB)

"Hot tempers cause arguments." Proverbs 15:18 (GNT)

"Anger causes mistakes." Proverbs 14:29 (TLB)

"People with hot tempers do foolish things." Proverbs 14:17 (GNT)

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

3. REFLECT _____

"Stupid people express their anger openly, but sensible people are patient and hold it back." Proverbs 29:11 (GNT)

"A person's wisdom yields patience." Proverbs 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."
Proverbs 20:1 (GNT)

4. RELEASE _____

"If you become angry, do not let your anger lead you into sin."
Ephesians 4:26 (GNT)

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

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 12:2 (NLT)

"Keep away from angry, short-tempered men, lest you learn to be like them and endanger your soul." Proverbs 22:24 (TLB)

6. RELY _____

"patience and encouragement that come from God allow you to live in harmony with each other the way Christ Jesus wants." Romans 15:5 (NCV)

"The fruit of the Spirit is . . . patience." Galatians 5:22 (NLT)

"Whatever is in your heart determines what you say." Matthew 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 (MSG)

Next Steps

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