

DEVELOPING SELF-CONTROL

Building My Life on Values That Last
Rick Warren

"A person without self-control is like a city with broken-down walls."
Proverbs 25:28 (NLT)

CONTROLLING MY ANGER

1. _____ **TO CONTROL IT**
"A fool gives full vent to his spirit, but a wise man quietly holds it back."
Proverbs 29:11 (ESV)

2. _____ **THE COST**
"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 a hot temper 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. _____ **MY MOUTH**
"Watch your tongue and keep your mouth shut, and 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 fool gives full vent to his anger, but a wise person holds it in check."
Proverbs 29:11 (CSB)
"A person's wisdom yields patience." Proverbs 19:11 (NIV)

Ask myself: _____

5. _____ **MY ANGER APPROPRIATELY**
"If you become angry, do not let your anger lead you into sin."
Ephesians 4:26 (GNT)

"Don't befriend angry people or associated with hot-tempered people, or you will learn to be like them." Proverbs 22:24-25 (NLT)

6. _____ **GOOD FOR EVIL**
"Never pay back evil for evil with more evil . . . never take revenge. Leave that to the righteous anger of God . . . Don't let evil conquer you."
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 hearts." Colossians 3:15 (NASB)

Next Steps

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