“HOW TO GAIN A GRIP ON YOUR TEMPER”

The Book of Proverbs: God’s ‘How to’ Manual” -Pt. 4-

July 19th, 2020

"It is better to be slow-tempered than famous; it is better to have self-control than control an army."

Proverbs 16:32 (LB)

I. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ THE RESULTS

"A hot-tempered man…gets into all kinds of trouble." Proverbs 19:22 (LB)

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

"…anger causes mistakes." Proverbs 14:29 (GN)

"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)

II. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ BEFORE REACTING

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

"When a fool is annoyed, he quickly lets it be known. Smart people will ignore an insult." Proverbs 12:16 (GN)

"…When someone wrongs you, it is a great virtue to ignore it." Proverbs 19:11 (GN)

"People who stay calm have real insight." Proverbs 17:27 (GN)

III. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ YOUR REMARKS

"If you want to stay out of trouble, be careful what you say."

 Proverbs 21:23 (GN)

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

"The fruit of the Spirit is…patience." Galatians 5:2