

"Be Wise About Self-Control"

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Proverbs 25:28

5.12.24

- A. Sadly, in many real-life stories of _____ and a lack of _____, people get injured in the process.
- B. All of us struggle with our "_____." (Rom. 3:23; Jer. 17:9)
- C. Anger is a powerful emotion which can be used for _____ or for _____.
- D. Ephesians 4:26 instructs us: "In your _____ do not _____."
1. The same verse adds: "Do not let the _____ while you are still angry."
 2. The next verse gives this warning: "Do not give the _____ a _____."
- E. Proverbs 25:28 says: "A person who does not control his _____ is like a _____ whose _____ is broken down."
1. Self-control gives us the ability to restrain our _____ and overcome our _____.
- F. Proverbs 29:22 says: An angry person stirs up _____, and a hot-tempered one increases _____.
1. The word "angry" pictures a person's _____.
 2. The word "hot-tempered" literally means "full of _____ or _____" or "master of rage."
 3. Uncontrolled _____ opens the door to many kinds of _____ in our lives.
- G. Other Proverbs point to the destruction that comes from _____ and _____ anger. (Pr. 14:17; 14:29; 19:19)
- H. Proverbs 30:33 says: For the churning of _____ produces _____, and twisting a _____ draws _____, and stirring up anger produces strife.
1. What stirs up anger in our lives?
 2. We often get angry when we feel _____.
 3. We often get mad when we feel _____.
 4. Then we also do things to stir up anger in our own _____.
 5. Strife describes a _____ or _____ between people.
- I. Proverbs 29:11 says: A fool gives _____ to his anger, but a wise person holds it in check.
1. Anger must never be given total _____.
 2. If we learn to express the hurt and helplessness we feel in _____ ways it will _____ our anger.
- J. An important way to resolve our anger appropriately is to exercise _____. (Lk. 23:34; Eph. 4:30-32)
- K. When we walk in the Holy Spirit then it really isn't _____-control, but _____-control. (Gal. 5:23; 2 Tim. 1:7)

Answer Key: A. anger, self-control. B. other, face. C. good, evil. D. anger, sin. D.1. sun, go, down. D.2. devil, foothold. E. temper, city, wall. E.1. appetites, temptations. F. conflict, rebellion. F.1. nostrils, flaring. F.2. poison, venom. F.3. anger, sins. G. unchecked, uncontrolled. H. milk, butter, nose, blood. H.2. hurt. H.3. helpless. H.4. hearts. H.5. quarrel, argument. I. full, vent. I.1. freedom. I.2. healthy, extinguish. J. forgiveness. K. self, Spirit.