



One Another - Part 6 – Self-Control
Mark Rouse - March 10, 2019

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, **it is not easily angered**, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres.
- 1 Corinthians 13:4-7

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ because human anger does not produce the righteousness that God desires.
- James 1:19-20

ANGER: The DESTRUCTIVE emotion I feel when trying to control what is OUTSIDE of my control.

Control your temper, for anger labels you a fool. - Ecclesiastes 7:9

NOT EASILY ANGERED

1) REMEMBER the consequences.

Hot tempers start fights; a calm, cool spirit keeps the peace.
- Proverbs 15:18

The hotheaded do things they'll later regret. - Proverbs 14:17

In your anger do not sin. Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.
- Ephesians 4:26-27

2) RECOGNIZE the triggers.

And don't sin by letting anger control you... - Ephesians 4:26

Sensible people control their temper; they earn respect by overlooking wrongs. - Proverbs 19:11

3) RESTRAIN my response.

Fools vent their anger, but the wise quietly hold it back.
- Proverbs 29:11

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. - Ephesians 4:29-31

4) RELAX AND TRUST THAT GOD IS IN CONTROL.

Be still, and know that I am God...- Psalm 46:10

He did not retaliate when he was insulted. When he suffered, he did not threaten to get even. He left his case in the hands of God, who always judges fairly. - 1 Peter 2:23

The LORD is kind and merciful, slow to get angry, full of unfailing love. - Psalm 145:8