

Don't Worry-Be Happy!

Part 3—Controlling My Reactions

Matthew 5:5—⁵Blessed [happy] are the meek, for they will inherit the earth. (NIV)

1. Clearing Up the Confusion.

- Meekness is not _____
- Meekness is _____ under control

2. When Do I Need to Control My Reactions?

- When someone serves you . . .
 - Be _____, not _____

Philippians 2:4-5—⁴Don't just think about your own affairs, but be interested in others too, and in what they are doing. ⁵Your attitude should be the same as Jesus Christ's. (GNT)

- When someone disappoints you . . .
 - Be _____, not _____

Romans 14:1—¹Accept him whose faith is weak, without passing judgment on disputable matters. (NIV)

Galatians 6:1-2—¹If a person is trapped in some sin, you who are spiritual should restore him gently. ²But watch yourself, or you also may be tempted. Carry each other's burdens. (NIV)

- When someone disagrees with you . . .
 - Be _____ without _____
 - Three options:

- You can _____ in fear
- You can _____ in anger
- You can _____ in love

Proverbs 15:1—¹A gentle answer quiets anger but a harsh word stirs it up. (GNT)

James 3:16-17—¹⁶Wherever there is jealousy or selfish ambition, there will be disorder. . . ¹⁷But wisdom from above is pure, powerful, gentle, and friendly. (GNT)

2 Timothy 2:24-25—²⁴The Lord's servant must not quarrel . . . ²⁵those who oppose him he must gently instruct, in hope that God will give them a change of heart. . . (NIV)

- When someone corrects you . . .
 - Be _____, not _____

James 1:19—¹⁹Let everyone be quick to listen, but slow to use his tongue, and slow to lose his temper. (Phillips)

- When someone hurts you . . .
 - Be _____, not _____

Romans 12:17 & 21—¹⁷Do not repay evil for evil . . . ²¹overcome evil with good. (NIV)

Proverbs 16:32—³²He who is slow to anger is better than the mighty, and he who rules his own spirit, than he who captures a city. (NIV)

- Jesus promised, "Happy are the people who can control their reactions, for they will inherit the earth." (GAK paraphrase, Matthew 5:5)
 - "Inherit the earth"
 - In _____ of your situation

- _____ belongs to people with self-control

2 Timothy 1:7—⁷God did not give us a Spirit that makes us afraid but a Spirit of power and love and self-control. (NCV)

- The results of God's Spirit living in you are three-fold:
 - _____
 - _____
 - _____
- Meekness—_____ controlled by _____

Action Steps . . .

- Ask Jesus into your life
- Let the Holy Spirit lead you