



Galatians 5:22-23

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*“But the fruit of the Spirit is love, joy, peace, **patience**, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.”*

Galatians 5:22-23

Greek - Makrothumia: Long Suffering, Endurance, Perseverance, not to lose heart. Endure troubles. To be patient in bearing offenses of others. To be mild and slow in avenging.

“Patience” means **Slow to Get Angry**

(Contrast of Patience is Resentment, Revenge and Wrath)

“People with understanding control their anger; a hot temper shows great foolishness.”

Proverbs 14:29

LEARNING TO MANAGE MY ANGER

1. RESOLVE to Manage It

“Better to be patient than powerful; better to have self-control than to conquer a city.”

Proverbs 16:32

2. REALIZE the Cost

“An angry person starts fights; a hot-tempered person commits all kinds of sin.”

Proverbs 29:22

“A hot-tempered person starts fights; a cool-tempered person stops them.”

Proverbs 15:18

*“Short-tempered people do foolish things....” **Proverbs 14:17***

3. REFLECT Before Reacting

“Fools vent their anger, but the wise quietly hold it back.”

Proverbs 29:11

“Sensible people control their temper; they earn respect by overlooking wrongs.”

Proverbs 19:11

THREE IMPORTANT QUESTIONS:

1. Why am I angry?
2. What do I really want?
3. How can I get it?

4. RELEASE My Anger Quickly

*“And don’t sin by letting anger control you. Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.” **Ephesians 4:26-27***

5. RE-PATTERN My Mind

*“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” **Romans 12:2***

*“1 You may think you can condemn such people, but you are just as bad, and you have no excuse! When you say they are wicked and should be punished, you are condemning yourself, for you who judge others do these very same things. 2 And we know that God, in his justice, will punish anyone who does such things. 3 Since you judge others for doing these things, why do you think you can avoid God’s judgment when you do the same things? 4 Don’t you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can’t you see that his kindness is intended to turn you from your sin?” **Romans 2:1-4***

6. RELATE to People Who are Patient

*“Do not make friends with a hot-tempered person, do not associate with one easily angered, or you may learn their ways and get yourself ensnared.” **Proverbs 22:24-25***

7. RELY on Christ’s Help

*“May God, who gives this patience and encouragement, help you live in **complete harmony** with each other, as is **fitting** for followers of Christ Jesus.” **Romans 15:5***