



Small Group Event- Session 5

Love Is Not Easily Angered

June 3rd

"Love is not easily angered." 1 Cor. 13:5 (NIV)

HOW DO YOU TAME YOUR TEMPER?

1. RESOLVE _____
*"A fool gives full vent to his anger, but a wise man keeps himself under control."
Pr. 29:11 (LB)*

2. REMEMBER _____
"A hot-tempered man . . . gets into all kinds of trouble." Pr. 29:22 (LB)

Pr. 15:18 (GN) "Hot tempers cause arguments."
Pr. 14:29 (LB) "... anger causes mistakes."
Pr. 14:17 (GN) "People with hot tempers do foolish things."

"The fool who provokes his family to anger and resentment will finally have nothing worthwhile left." Pr. 11:29 (LB)

3. REFLECT _____
*"A stupid man gives free rein to his anger; a wise man waits and lets it grow cool."
Pr. 29:11 (NEB)*
"A man's wisdom gives him patience." Pr. 19:11 (NIV)
*"Lord, help me control my tongue; help me be careful about what I say."
Psalm 141:3 (NCV)*

4. **RELEASE** _____
“If you become angry, don’t let your anger lead you into sin.”
Eph. 4:26 (GN)

“A gentle answer quiets anger, but a harsh one stirs it up.” Pr. 15:1 (TEV)
5. **RE-PATTERN** _____
“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.” Romans 12:2a (NLT)

“Keep away from angry, short-tempered people, or you will learn to be like them
...”
Pr. 22:24 (LB)
6. **RELY** _____
“Patience and encouragement come from God. I pray God will help you all agree with each other the way Christ Jesus wants.” Rom. 15:5 (NCV)

“The fruit of the Spirit is... patience.” Gal. 5:22 (NIV)

“Whatever is in your heart determines what you say.” Mt. 12:34 (NLT)