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## START TAMING MY TEMPER

RENE SCHLAEPFER  
JANUARY 20 & 21

He who is **slow to anger** is better than the mighty, and he who **rules his spirit** is better than he who takes a city. Proverbs 16:32 NLV

Fools give **full vent** to their **rage**.... Proverbs 29:11a

### THE DANGER OF ANGER

Uncontrolled anger is:

- \_\_\_\_\_

A tranquil heart is life to the body, but passion is **rotteness to the bones**. Proverbs 14:30 NASB

- \_\_\_\_\_

A hot-tempered person **stirs up conflict**, but the one who is patient calms a quarrel. Proverbs 15:18

- \_\_\_\_\_

A quick-tempered person does **foolish things**... Proverbs 14:17a

If you stay calm, you are wise, but if you have a hot temper, you only **show how stupid you are**. Proverbs 14:29 GNT

- \_\_\_\_\_

A hot-tempered person must pay the penalty; rescue them, and you will have to do it **again**. Proverbs 19:19

### THE HEALING OF ANGER

1. \_\_\_\_\_ it

Whoever **conceals** his transgressions will not prosper, but he who **confesses** and forsakes them will obtain mercy.

Proverbs 28:13 ESV

2. \_\_\_\_\_ it

Fools show their annoyance **at once**, but the prudent overlook an insult. Proverbs 12:16

3. \_\_\_\_\_ it

He who has a cool spirit is a man of **understanding**.

Proverbs 17:27b NASB

Ask: \_\_\_\_\_ ?

Anger is always my \_\_\_\_\_ emotion

Do not say, "I'll do to them as they have done to me; I'll pay them back for what they did." Proverbs 24:29

4. \_\_\_\_\_ it

A **gentle answer** turns away wrath, but a harsh word stirs up anger. Proverbs 15:1 ESV

If your enemy is hungry, **give him** food to eat; if he is thirsty, **give him** water to drink. Proverbs 25:21 NASB (See 1 Peter 2:23,24)

5. \_\_\_\_\_ it

Where there is no wood, the fire goes out; and where there is no talebearer, strife ceases. Proverbs 26:20 NKJV (See Galatians 5:22,23)

### KEY QUESTION:

\_\_\_\_\_?

### RESOURCES USED IN THE DEVELOPMENT OF THIS MESSAGE

- Tim Keller, "True Wisdom for Living" series, Redeemer Presbyterian Church
- Tom Kirkpatrick, "What does the Bible Say About Anger?" lifehopeandtruth.com
- Rick Warren, "Get a Grip on Life" series, Saddleback Church
- Patrick Morley, *The Man In The Mirror*