

# LOVE IS NO EASILY ANGERED

40 Days of Love – Week 5 – August 15, 2010

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40 Days of Love Week 5 Memory Verse - 1Corinthians 13:5 (love is not) easily angered...

Anger is not necessarily a sin. What we do because of anger may be a sin, but the emotion or feeling of anger is not a sin.

Today we'll learn FIVE steps in understanding and managing anger.

1 – \_\_\_\_\_ To Manage It – If you fail to plan you plan to fail.

† Proverbs 29:11 (LB) A fool gives full vent to his anger, but a wise man keeps himself under control.

If you don't manage your anger it will manage you.

2 – Consider the \_\_\_\_\_

† Proverbs 29:22 (LB) A hot-tempered man . . . gets into all kinds of trouble.

† Proverbs 15:18 (GN) Hot tempers cause arguments.

† Proverbs 14:29 (LB) . . . anger causes mistakes.

† Proverbs 14:17 (GN) People with hot tempers do foolish things.

If we would think it through when we're angry we wouldn't make costly mistakes. Acting out on your anger will cost you something and often it's a price that you are unwilling and even unable to pay. So we need to ...

3 – Think Before \_\_\_\_\_

† Proverbs 29:11 (NEB) A stupid man gives free rein to his anger; a wise man waits and lets it grow cool.

† Proverbs 19:11 (NIV) A man's wisdom gives him patience.

We need to realize that we will become angry because of hurt and frustration.

† Hurts – When we are hurt we will often become angry and then when we rehearse the hurt in our mind the anger becomes stronger and eventually we'll act out that anger – Hurt People Hurt People

† Frustrations – When we are frustrated we become angry. When you're frustrated you feel out of control. Parents feel that when they have a new baby and one day that baby begins to cry and cry and you can't stop that baby from crying and soon there is a feeling of frustration because the parent can't control the baby, they can't MAKE the baby stop crying. This will sometimes happens with a teenager too.

† Teenagers sometimes feel angry with their parents because to become frustrated because they feel they can't please them, they always fall a little short, so they express the anger by giving up and they disconnect from the family.

4 – Renew My Way Of \_\_\_\_\_

† Romans 12:2a (NIV) Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind

† Proverbs 22:24 (NLT) Keep away from angry, short-tempered people, or you will learn to be like them ....

5 – Rely On \_\_\_\_\_

† Galatians 5:22 (NIV) The fruit of the Spirit is...patience

† Ezekiel 36:26 (NIV) I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.