

DEVELOPING SELF CONTROL

Building My Life On Values That Last – Message 4

“A person without self-control is as defenseless as a city with broken-down walls.”

Pr. 25:28 (NLT)

CONTROLLING MY ANGER

1. _____ TO CONTROL IT.

“A fool gives full vent to his anger, but a wise man keeps himself under control.”

Pr. 29:11 (LB)

2. _____ THE COST.

“A hot-tempered man. . . gets into all kinds of trouble.”

Pr. 29:22 (LB)

“Hot tempers cause arguments.”

Pr. 15:18 (GN)

“... anger causes mistakes.”

Pr. 14:29 (LB)

People with hot tempers do foolish things.”

Pr. 14:17 (GN)

“The fool who provokes his family to anger and resentment will finally have nothing worthwhile left.”

Pr. 11:29 (LB)

3. _____ MY MOUTH.

“If you keep your mouth shut, you will stay out of trouble.”

Pr. 21:23 (NLT)

“Be quick to listen, slow to speak and slow to become angry.”

James 1:19 (NIV)

4. _____ BEFORE REACTING.

“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)

Ask myself:

5. _____ MY ANGER APPROPRIATELY.

“If you become angry, don’t let your anger lead you into sin.”

Eph. 4:26 (GN)

“Keep away from angry, short-tempered people, or you will learn to be like them...”

Pr. 22:24 (NLT)

6. _____ GOOD FOR EVIL.

“Never pay back evil for evil to anyone... never avenge yourselves. Leave that to God... overcome evil with good.”

Rom. 12:17-21 (NLT)

7. _____ GOD’S HELP

“Lord, help me control my tongue; help me be careful about what I say.”

Psalms 141:3 (NCV)

“Whatever is in your heart determines what you say.”

Mt. 12:34 (NIV)

“Let the peace of Christ rule in your heart...”

Col 3:15 (NAS)