

PRACTICING PATIENCE

"A patient man has great understanding, but a quick-tempered man displays folly." Prov. 14:29

"Patience" means: slow to get angry

HOW TO MANAGE MY ANGER

1. RESOLVE TO MANAGE IT

"It is better to be slow-tempered than famous; it is better to have self-control than to control an army." Pr. 16:32 (LB)

2. REALIZE THE COST

"A hot-tempered man starts fights and 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. REFLECT BEFORE REACTING

"A stupid man gives free reign 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

Ask Myself:

Why am I angry? - Hurt Frustration Fear

What do I really want?

How can I get it?

4. RELEASE MY ANGER APPROPRIATELY

"If you become angry, do not let your anger lead you into sin." Eph. 4:26 (GN)

"A fool gives full vent to his anger, but a wise man keeps himself under control." Pr. 29:11

5. REPATTERN MY MIND

"...be transformed by the renewing of your mind." Rom. 12:2

6. RELATE TO PEOPLE WHO ARE PATIENT

"Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared." Pr. 22:24-25

7. RELY ON CHRIST'S HELP

"May God who gives patience, steadiness, and encouragement help you to live in complete harmony with each other -- each with the attitude of Christ toward the other." Romans 15:5