

DEVELOPING SELF-CONTROL
Building My Life On Values That Last - Part 4

Proverbs 25:28 (NLT) "A person without self-control is as defenseless as a city with broken-down walls."

TO CONTROL YOUR ANGER,

1. _____ **TO CONTROL IT.**

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

2. _____ **THE COST.**

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."

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

3. _____ **MY MOUTH.**

Proverbs 21:23 (NLT) "If you keep your mouth shut, you will stay out of trouble."

James 1:19 (NIV) "Be quick to listen, slow to speak and slow to become angry."

4. _____ **BEFORE REACTING.**

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."

5. _____ **MY ANGER APPROPRIATELY.**

Ephesians 4:26 (GN) "If you become angry, don't let your anger lead you into sin."

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

6. _____ **GOOD FOR EVIL.**

Romans 12:17-21 (NLT) "Never pay back evil for evil to anyone... never avenge yourselves. Leave that to God... overcome evil with good."

7. _____ **GOD'S HELP.**

Psalms 141:3 (NCV) "Lord, help me control my tongue; help me be careful about what I say."

Matthew 12:34 (NIV) "Whatever is in your heart determines what you say."

Colossians 3:15 (NAS) "Let the peace of Christ rule in your heart..."