

# Tempering My Temper

*It is better to be slow-tempered than famous; it is better to have self-control than control an army.* Proverbs 16:32

## Freedom from anger requires...

### 1. Being fully aware of the \_\_\_\_\_.

*A hot-tempered man . . . gets into all kinds of trouble.* Proverbs 29:22

*Hot tempers cause arguments.* Proverbs 15:18

*. . . anger causes mistakes.* Proverbs 14:29

*People with hot tempers do foolish things.* Proverbs 14:17

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

### 2. Putting a \_\_\_\_\_ on feelings.

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

*When a fool is annoyed, he quickly lets it be known. Smart people will ignore an insult.* Proverbs 12:16

*. . . When someone wrongs you, it is a great virtue to ignore it.* Proverbs 19:11

*People who stay calm have real insight.* Proverbs 17:27

### 3. Watching out for \_\_\_\_\_.

*If you want to stay out of trouble, be careful what you say.*

Proverbs 21:23

*A gentle answer quiets anger, but a harsh one stirs it up.*

Proverbs 15:1

*Everyone should be quick to listen, slow to speak and slow to become angry.*

James 1:19

### 4. Giving the reins \_\_\_\_\_.

*The fruit of the Spirit is . . . patience.*

Galatians 5:22

*So if the Son sets you free, you will be free indeed.* John 8:36