

Truths to Live By – Part 4

Controlling My Anger

Proverbs 29:11 (LB)

1. Resolve to control it.

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

Proverbs 29:11 (LB)

2. Realize the cost.

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

Proverbs 29:22 (LB)

“Hot tempers cause arguments.”

Proverbs 15:18 (GN)

“People with hot tempers do foolish things.”

Proverbs 14:17 (GN)

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

Proverbs 11:29 (LB)

3. Restrain my mouth.

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

Proverbs 21:23 (NLT)

4. Reflect before reacting.

“A stupid man gives free rein to his anger; a wise man waits and lets it grow cool.”

Proverbs 29:11 (NEB)

“A man’s wisdom gives him patience.”

Proverbs 19:11 (NIV)

Ask myself: *Why am I angry? What do I really want?
How can I get it?*

5. Release my anger appropriately.

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

Ephesians 4:26 (GN)

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

Proverbs 22:24 (NLT)

6. Return good for evil.

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

Romans 12:17-21 (NLT)

7. Request God's help.

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

Psalm 141:3 (NCV)

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

Matthew 12:34 (NIV)

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

Colossians 3:15 (NAS)