

YOU'VE LOST THAT LOVING FEELING

1 Corinthians 13:4-5 (NIV)

- **In our LOVE FOR REAL series, we've learned that:**
  - **Our #1 goal in life should be to love God and others better (Mark 12:29-31).**
  - **Love is a choice we can make, an action we can take, a skill we can develop, and a habit we can adopt.**
  - **The best use of life is love, the best expression of love is time, and the best time to show love is now.**
  - **We're to love others like Jesus has loved us (John 13:34-35).**
  - **Genuine love is patient, kind, humble, tactful, gentle, and forgiving (1 Corinthians 13:4-6).**
- *"Love is . . . <u>not easily angered</u>."* (1 Corinthians 13:5 NIV)
- **Anger is the most misunderstood and misapplied emotion of all.**
- **Anger is not always a sin, but the problem is most people haven't learned how to manage their anger, which has impacted their love for other people.**
- **Facts about anger include: 1) Women typically lose their temper three times a week, while men lose their temper six times a week, 2) Women generally get angry at people, while men generally get angry at things, 3) Single adults express anger twice as often as married adults, 4) Men are far more physical in their anger than women, and 5) People are more likely to express anger at home than anywhere else.**
- ***Why do people struggle so much with Anger?***
- **Anger is caused by *Hurt In Our Lives.***
  - **Physical, emotional, or relational hurt causes us to be angry.**
- **Anger is caused by *Frustration In Our Lives*.**
  - **We get irritated when we're thwarted and kept from a goal.**
  - **We feel frustrated when we feel out of control.**
- **Anger is caused by *Fear In Our Lives*.**

    - **Anger and insecurity always go together.**
    - **Every time we look to someone to meet a need in our lives that only God can provide, we set ourselves up to become angry.**
- **We need to learn how to manage our anger so we can honor God and improve the circumstances and relationships of our lives.**
- ***How can we "tame our temper"?***

Taming Our Temper Requires:

RESOLVING TO <u>MANAGE</u> OUR ANGER

- **Anger, like love, is a choice that we can make.**
- *"Fools vent their anger, but the wise quietly hold it back."* (Proverbs 29:11)
- **We need to resolve in advance that we will "manage our anger."**

Taming Our Temper Requires:

REMEMBERING THE <u>COST</u> OF ANGER

- **There is always a "price tag" to anger.**
- *"Short-tempered people do foolish things."* (Proverbs 14:17)
- *"A hot temper shows great foolishness."* (Proverbs 14:29)
- *"A hot-tempered person starts fights."* (Proverbs 15:18)
- *"A hot-tempered person commits all kinds of sin."* (Proverbs 29:22)
- **Losing our temper can cost us our health, money, job, family, and friends.**
- **"Price tags" on anger include apathy, alienation, and more anger.**
- **Nothing destroys relationships faster than anger.**

Taming Our Temper Requires:

REFLECTING BEFORE <u>REACTING</u> IN ANGER

- **"Anger control" is largely a matter of "mouth control."**
- *"Fools vent their anger, but the wise quietly hold it back."* (Proverbs 29:11)
- **We must allow some time for "delay" before we respond to actions that "tick us off" because the longer we hold our temper, the more it improves.**
- *"A man's wisdom gives him patience."* (Proverbs 19:11)
- **3 questions we need to ask before we respond in anger are: 1) "Why am I angry?" 2) "What do I really want out of this argument?" and 3) "How can I get what I want from what's irritating me right now?"**

Taming Our Temper Requires:

RELEASING OUR ANGER <u>APPROPRIATELY</u>

- **Anger is not a sin unless we nurture it and/or express it inappropriately.**
- *"If you become angry, don't let your anger lead you into sin."* (Ephesians 4:26)
- *"A <u>gentle answer</u> quiets anger, but a harsh one stirs it up."* (Proverbs 15:1)

- **When we become angry, we shouldn't *Suppress It*.**
    - **Stuffing our anger is like taking a Coke bottle and shaking it up.**
- **When we become angry, we shouldn't *Repress It.***
    - **Denying our anger leads to depression in our lives.**
    - **The root cause of every marriage problem is selfishness, and "incompatibility" is really "immaturity."**
- **When we become angry, we shouldn't *Express It*.**
    - **Expressing our anger creates more anger and damages the relationships of our lives.**
    - **People express anger through sarcasm, manipulation, and "blowing up."**
- **If we really want to handle our anger appropriately, we must *Confess It*.**
    - *"If we confess our sin, He (God) is faithful and just to forgive us, and to cleanse us from all unrighteousness."* (1 John 1:9)

Taming Our Temper Requires:

REPROGRAMMING OUR <u>MIND</u>

- **The way we express anger is a learned behavior we've adopted so we can learn new patterns and habits for dealing with our anger.**
- *"Don't copy the behavior and customs of this world, but let God transform you into a new person by <u>changing the way you think</u>."* (Romans 12:2)
- **The way we think affects the way we feel and what we do, so breaking our habit of anger requires some mental reconditioning.**
- *"Don't befriend angry people or associate with hot-tempered people,"* (Proverbs 22:24)
- **We must stay away from angry individuals because anger is contagious.**
- *"The fool who provokes his family to anger and resentment will finally have <u>nothing worthwhile left</u>."* (Proverbs 11:29 LB)

Taming Our Temper Requires:

RELYING ON <u>GOD'S</u> <u>HELP</u>

- *"May God, who gives this patience and encouragement, help you live in complete harmony with each other, as is fitting for followers of Christ Jesus."* (Romans 15:5)
- **Our closeness to Jesus Christ will determine the amount of patience, power, and peace we have in our lives.**
- *"The fruit of the Spirit is love, joy, peace, patience . . . and self-control."* (Galatians 5:22-23)
- **When God's Spirit is in control of our lives, He fills our lives with peace, joy, patience, and the power to overcome our anger.**

- Jesus - *“Whatever is <u>in your heart</u> determines what you say.”* (Matthew 12:34)
- **We need to have a “heart transplant” to have happy and healthy relationships (Ezekiel 36:26).**
- ***What is the Lord communicating to me through this message, and what am I going to do in response to what He is saying to me?***