

PATIENCE
“Fruit Of The Spirit”
Galatians 5:22-23

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. ...”
Galatians 5:22-23 (NIV)

“A patient man has great understanding, but a quick-tempered man displays folly.” Proverbs 14:29 (NIV)

Understanding Anger:

- All anger is not always **wrong**.
- Anger in some situations is **appropriate**.
- God has given us the **capacity** to get angry.
- My anger must be **managed**.
- Anger out of control is always **destructive**.
- Anger under control can be an **asset**.

SEVEN KEYS OF HOW TO MANAGE YOUR ANGER

1. RESOLVE TO **MANAGE IT**

“A hot-tempered person starts fights and gets into all kinds of sin.” Proverbs 29:22 (NLT)

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

3. **REFLECT BEFORE REACTING – GET THE FACTS**

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

4. **RELEASE MY ANGER APPROPRIATELY**

“If you become angry, do not let your anger lead you into sin, ...” Ephesians 4:26

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

HOW TO RESPOND TO ANGER:

- DON'T **REPRESS** IT.
- DON'T **SUPPRESS** IT
- DON'T **EXPRESS** IT
- YOU **CONFESS** IT.

5. **RE-PATTERN MY MIND**

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.” Proverbs 22:24-25

7. **RELY ON **CHRIST TO 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