

BBC Bible Study Notes
40 Days of Love Campaign
"Taming Your Temper"
May 5, 2019

"Love is not easily angered." 1 Corinthians 13:5 NIV

HOW CAN YOU MANGAGE YOUR ANGER?

1. _____ to manage your anger. (Proverbs 29:11)
2. _____ the cost of uncontrolled anger. (Proverbs 29:22)
3. _____ before you react. (Proverbs 29:11, 19:11)
4. _____ your anger appropriately. (Ephesians 4:26-27, Proverbs 15:1)
5. _____ your mind. (Romans 12:1-2)
6. _____ on God to help you. (Romans 15:5, Galatians 5:22)

BBC Verse of the Week: *"Love is not easily angered." 1 Corinthians 13:5 NIV*

NOTE: Adapted from an outline by Pastor Rick Warren, 40 Days of Love Campaign

BBCC Devotional Guide for May 5-11, 2019

Sunday: Read 1 Corinthians 13:5. One of the characteristics of love is that it is not easily angered. This week we will look at what the Bible says regarding anger management. Learning to deal with anger is a very important life skill that many of us did not learn growing up. Ask God to help you understand and apply His principles for dealing with this powerful emotion in a constructive way.

Monday: “A fool gives full vent to his anger, but a wise man keeps himself under control.” *Proverbs 29:11 LB*. The starting point in dealing with anger is this—resolve to manage your anger. People may say, “I just can’t control my temper” but the truth is that with God’s help you can. Others may say “She makes me so mad!” but the truth is that you can choose how you respond to people. Think of the term “self-control” as “self under God’s control” and ask God to help you control your anger.

Tuesday: “A hot-tempered man...gets into all kinds of trouble.” *Proverbs 29:22 LB*. An important strategy for dealing with anger is to remember the cost of uncontrolled anger. The Bible says, “The fool who provokes his family to anger and resentment will finally have nothing worthwhile left.” *Proverbs 11:29 LB*. Remembering the cost of anger can give you the motivation you need to make the choice to control it.

Wednesday: Another important way to manage your anger is to reflect before you react. President Thomas Jefferson suggested counting to 10 before speaking when you are angry—and to 100 if you are really angry! The Bible says, “A stupid man gives free rein to his anger; a wise man waits and lets it grow cool.” *Proverbs 29:11*. When you are angry here is some sound biblical advise—“Chill out!”. As you reflect you can ask yourself, “Why am I so angry?” Understanding your anger can help you deal with it in a constructive way.

Thursday: Anger can be the appropriate respond to sinful behavior. God is angry when He sees injustice and a lack of compassion. When those we love are hurt by others our anger is an indication that we care deeply about them. However, we need to learn how to deal with our anger in a way that does not hurt us or others. Read Ephesians 4:26-27. An important way to deal with your anger is to talk to God about it and confess your feelings to him. This enables you to release your anger in a way that is helpful rather than harmful.

Friday: Read Romans 12:1-2. In order to effectively manage your anger you have to change the way you think. Our thoughts determine our emotions which in turn influence our actions. The best way to re-pattern our minds is by meditating on God’s truth and memorizing it so that it changes our thoughts. I encourage you to find some Bible verses on anger and commit them to memory so that you can call them to mind when you are angry.

Saturday: The only way to effectively manage our anger is to rely on God’s help. The Bible says that the fruit of the Spirit is “Love, joy, peace, patience...” *Galatians 5:22*. Remember that when you are a Christian you have a new potential because the Holy Spirit lives in you giving you the desire and the ability to live a life which pleases God. Ask God today to fill you with His Spirit so that you will be full of patience with others.

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HOW CAN YOU MANGAGE YOUR ANGER?

1. Resolve to manage your anger. (Proverbs 29:11)
2. Remember the cost of uncontrolled anger. (Proverbs 29:22)
3. Reflect before you react. (Proverbs 29:11, 19:11)
4. Release your anger appropriately. (Ephesians 4:26-27, Proverbs 15:1)
5. Re-pattern your mind. (Romans 12:1-2)
6. Rely on God to help you. (Romans 15:5, Galatians 5:22)

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