

Pastor Kevin Fischer ~ November 13th & 14th, 2021

Love is patient and kind. It does not envy, it does not boast, it is not proud or rude. It does not demand its own way. **Love is not easily angered.** Love keeps no record of when it has been wronged. **1 Corinthians 13:4-5**

HOW DO YOU TAME YOUR TEMPER?

1. RESOLVE _____.

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

2. REFLECT _____.

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)**

3. RELEASE _____.

If you become angry, don't let your anger lead you into sin. **Ephesians 4:26 (GNT)**

Listen to my prayer, O God. Do not ignore my cry for help. Please listen and answer me for I am overwhelmed by my troubles. My enemies shout at me... making loud and wicked threats. They bring trouble on me hunting me down with their anger. My heart is in anguish ... my heart pounds in my chest. Fear and trembling overwhelm me. I can't stop shaking. **Psalms 55:1-5**

But I will call on God and the Lord will rescue me. Morning, noon and night I plead aloud in my distress, and the Lord hears my voice. He rescues me and keeps me safe from the battle waged against me. God, who is king forever, will hear me. **Psalms 55:16-19**

Live a life filled with love, following the example of Christ. He loves us and offered himself as a sacrifice for us, a pleasing aroma to God. **Ephesians 5:2 (NLT)**

Some Psalms that express anger and frustration: Psalm 6, 10, 22, 28, 35, 55, 59, 69, 109, 130, 137, 139, 140.

I'll give you a new heart, put a new spirit in you. **Ezekiel 36:26 (MSG)**

Daily Bible Readings

Mon—1 Corinthians 13:1-8//**Tue**—Ephesians 4:25-27

Wed—Romans 12:17-21//**Thu**—Galatians 5:19-24

Fri—James 1:19-20//**Sat/Sun**—Psalm 55:1-23

Memory Verse:

Love is not easily angered. **1 Corinthians 13:5 (NIV)**

Join us online or in-person next weekend for:

Love Does, Episode 7

Weekend Service Times:

Sat. at **6:15 p.m.** & Sun. at **10:30 a.m.** & **12:15 p.m.**