

A temper tantrum or taming my temper

Proverbs 16:32 *He who is slow to anger is better than the mighty, And he who rules his spirit, than he who captures a city.*

A man from Michigan had an idea for removing a tree stump from the yard of a friend. He decided to use some dynamite he had stored away in his house. It did the trick. The explosion turned the stump into an airborne missile that traveled 163 feet downrange before crashing through a neighbor's roof. The stump opened a 3-foot hole in the roof, split the rafters, and pushed through the ceiling of the dining room.

Anger, like dynamite, is explosive. Unless it is handled with wisdom and self-control, it can do great damage. Remember, You are not a dynamic person simply because you blow your top.

Because we all at times struggle with our temper the question is, how do we get a grip on our temper instead of throwing a temper tantrum so it doesn't cause us, or those we live with even more severe problems?

Proverbs says controlling our temper is easy if we do three things: First,

1. REMEMBER

Proverbs 29:22 *"A hot tempered man gets into all kinds of trouble."*

Proverbs 15 *"Hot tempers cause arguments."*

"Anger causes mistakes." People with hot tempers do foolish things. Will Rogers said, "People who fly into a rage seldom make a good landing." When we lose our temper we always lose, and we lose more than our temper. We can lose respect, health, our job, even our wife/husband or kids.

When we are angry why do we scream? Why do we lose our temper in the first place? The reason is, because it works. When we yell and get angry at somebody most of the time many people will comply just out of fear, but in the long run we really lose. Anger alienates.

Proverbs says if we're going to get a grip on our temper, first remember the results. It always causes negative effects. When we remember all the negative effects it has, **that should cause us to calm down.**

Secondly we need to

2. REFLECT BEFORE REACTING

Don't respond impulsively but instead try and think it through first. Proverbs 29:11 *"A stupid man gives free reign to his anger. A wise man waits and lets it grow cool."*

One of the great remedies for anger is **delay**. The longer you hold your temper the more it improves. If you let it out immediately, it's usually bad news! But the longer you hold it, the better it gets. Thomas Jefferson said, "When you're angry you count to ten. When you're very angry you count to 100."

Thought: The greatest remedy for anger is delay because unspoken anger is never regretted

Someone may be thinking I can't do it. But remember, anger is a choice. It's not that a person can't control their anger, it is just that we choose not to control it because we don't really want to control it.

As Christians we need to remember that as someone noted, if salvation has done nothing for your temper, it has done nothing for your soul

Proverbs 12:16 *"When a fool is annoyed he quickly lets it be known. Smart people will ignore an insult."*

Some people can't ignore anything. **Thought:** Whatever you get upset about shows the depth of your character and how big a person you are. The emptier the pot, the quicker it boils. So watch your temper!!

Maturity is the ability to overlook a hurt. It is the ability to disregard it, to shrug it off, or play it down, not blow it up and out of proportion. Did you know that for every minute that you're angry you lose 60 seconds of happiness.

We need to ask ourselves, "Is this worth giving up my happiness for?" You see, some things aren't worth fighting. So know what battles to fight and know what battles aren't worth fighting. *"When someone wrongs you it's a great virtue just to ignore it."*

We need to try and analyze our anger and say, "Why is this ticking me off? Why am I so upset? Why is this bothering me so much?" Anger is never the problem. Anger is a warning light that there is a deeper issue that's not being met.

And there may be several reasons for this:

- Because we're hurt. Hurt causes anger. When you're physically, spiritually, or emotionally hurt you get angry.
- Because we're frustrated. When nothing seems to work. When you're forced to wait. When things just don't go as planned.
- Because we're insecure. When we're threatened, or afraid, and backed into a corner we come out fighting.

If we can learn to deal with our hurt, frustration, and our insecurity we will find that the anger potential reduces dramatically.

Thirdly,

3. RESTRAIN YOUR REMARKS

Watch your words. Proverbs 21:23 *"If you want to stay out of trouble, be careful what you say."* Blowing your stack only creates more air pollution. It doesn't do us or our environment a whole lot of good.

You see, a sharp tongue is the quickest way to cut your own throat. Use sweet words because you may have to eat them eventually. So watch what you say.

Proverbs says if you're smart you restrain your words.

Proverbs 15:1 *"A gentle answer quiets anger. But harsh ones stir it up."*

Whose anger does it quiet? **First**, it quiets ours. The louder we talk the angrier we get. If we want to turn down the anger, turn down the volume and talk quieter and you'll be quieter.

There's another principles this verse teaches and that is: ***anger is contagious, infectious***. If you sow harsh words, you're going to reap harsh words back. If you want soft words spoken to you, then you need to say soft words to others. Because whatever you sow you're going to reap. It is contagious.

The Bible says we need to remember the results, it only causes damage. And we need to reflect before reacting -- calm down, wait, delay.

Remember: It's not what you eat, it's what's eating you that makes a difference. So don't repress it.

On the other hand, don't necessarily express it either. If you do, maybe you will feel better but not everyone else will. Vented anger is a great way to destroy relationships because anger always alienates.

So what do you do? If you don't repress it and you don't express it. The Bible says to confess it. Admit it to God. Unload on the Lord. God wants to fill us but first we have to be emptied. So empty yourself of the anger by confessing it to the Lord rather than dumping on some person. Admit all the anger, distrust and hurt feelings. Then you're ready for God to fill you with a quieter spirit.

Gal. 5:22 *"The fruit of the Spirit is patience."* You need patience?

Then in a patient way react to the situation.

Thought: Whatever is inside of you is going to come out when you get put under pressure. When the world puts the squeeze on you, whatever is in you is going to come out. The choice of what comes out is ours.

So next time we run into a situation where someone rubs our fur the wrong way Jesus wants to replace our frustration with His peace. Jn 14:27 reminds *"My peace I give unto you, not as the world gives."*

It's not peace without discord, instead, it's peace in the middle of upheaval. When you're filled with peace, the frustration and temper tantrum potential reduces significantly right??.

Then He wants to replace our insecurity with His power and confidence. When we remember that He's calling the shots, then we find our insecurity level going down and with it the anger potential melts away.

May victory be yours in this area that plagues us so often. **Don't forget,** Anger is only one letter away from danger. When a person's temper gets the best of him, it reveals the worst of him.

A final thought: Maybe you are angry because you have no one like Jesus to vent your feeling on. You have never had Him as part of your life. If you would like to change that you can do it today.

Simply read, think about and follow up in these next few lines and you will have Him there to help you next time you feel a temper tantrum coming on.

Realize you are a sinner Romans 3:23

Understand that the payday for sin is death or eternal conscious separation from God.
Romans 6:23a

Know that there is a way of escape for you. Romans 6:23b and John 1:12

Desire to escape and pray this or a similar prayer.

"Dear God, I know I am a sinner. I am truly sorry for my sins, and I confess them all to You [name them]. Lord Jesus, forgive all my sins and come into my heart as my Saviour and Lord. I receive You right now. Help me from this time forward to live for You. Thank You for hearing and answering my prayer. In Jesus' name. Amen."

On the _____ day of _____ I became a Christian by inviting Jesus Christ into my life to forgive my sin.

Signed: _____

If you have further questions or have chosen to do this, be sure to let us know so we can help you, pray for you and encourage you in your new life.

You can reach us at lapeerchurch@gmail.com Subject line: (Salvation)