

## TAMING MY TEMPER

Proverbs 16:32 Controlling your temper is better than being a hero who captures a city.

**Intro:** Guess what, you are not a dynamic person simply because you blow your top. Did you know that the average man loses his temper six times a week while the average woman only loses her temper three times a week. And did you know that women more often get angry at people but men more often get angry at things -- (for example when a machine breaks down).

Single adults express anger twice as often as married adults. Men are more physical with their anger than women. And you are more likely to express anger at home than anywhere else. But just remember that a hothead has never been able to set the world on fire.

Proverbs 16:32 *"It is better to be slow tempered than famous. It is better to have self control than to control an army."*

One day Alexander the Great, in a fit of rage, struck his favorite general. He hit him and killed him. He was his best friend. He cried out, "I've conquered the world. But I can't even conquer my own soul!"

Because we all struggle with our temper at times the question is, how do we get a grip on our temper so it doesn't cause us or those we live with some severe problems? You see, if you lose your head, what good is the rest of your body. 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.

Proverbs 11:29 *"The fool who provokes his family to anger and resentment will finally have nothing worthwhile left."* Anger starts first in the family and it causes a devastating affect.

I read about a survey entitled "When You feel like screaming." They took a survey of 9-12 year olds and asked them two questions: First, What do you like most about your mother? and what do you dislike most about your mother? As expected, the answers to the first question were very varied, the second answer was not varied at all. It was unanimous. Almost every child used the phrase, "Her screaming! I can't stand it when she screams."

Why do we scream? Why do we lose our temper? The reason is, because it works. When we yell and get angry at somebody most of the time most 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 causes 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."

The greatest remedy for anger is delay because unspoken anger is never regretted. Someone may think 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. We really control what we want to control don't we?? The Bible says, *"A wise man waits and lets it grow cool."*

As Christians we need to remember that 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. What you get upset over 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!! What does it take to upset you? Proverbs 19:11 *"When someone wrongs you it is a great virtue to ignore it."* 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.

The best example of this is Jesus. He was slandered, criticized, put down, misunderstood, yet He never retaliated. We need to ask this question when we're irritated. Is this really a big deal? Is it worth being upset over? What difference will it be in another 100 years? 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."*

Proverbs 17:27 *"People who stay calm have real insight."* The more you understand, the more understanding you'll be. That's the key to anger control. People who stay calm have real insight. You need to try and analyze your 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.

So thus far Proverbs says, here's how you tame your temper: Number one, Remember the bad results and the negative consequences. Number two, reflect before reacting. In other words, Don't go off half- cocked and start immediately, impulsively responding. Instead, Calm down, cool off, or do anything you can to keep from responding immediately.

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 air pollution. It doesn't do us 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 you want to turn down the anger, turn down the volume and talk quieter and you'll be quieter. There's another principle 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.

Then we need to restrain our words and remarks, so that we don't say all kinds of things because however you do it we are modeling it for others. A temper displayed in public is usually indecent exposure

So what do we do with all the anger inside us because there will be things that tick us off? Do we push it down? No, because when you swallow your anger your stomach keeps score. 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. Gal. 5:22 *"The fruit of the Spirit is patience."* You need patience? Then in a patient way react to the situation.

It is sort of like a tube of toothpaste. Slowly and deliberately think, how much do we need to do the job. This is like point one **Remembering**. I need to remember that no matter how much I am upset about having to brush my teeth for example, it will not take a whole tube to do it.

Then I need to reflect and this is like the second point. Don't respond impulsively. If you do, you will be buying a lot of toothpaste and making a mess of things. Then thirdly,

restrain your remarks and this is like point three. You put a little bit at a time on the brush.

When dealing with our temper it is very much like these tooth brush's and toothpaste. We really only need a little bit, but we often end up with a completely empty tube, because we react in the wrong ways. **Remember:** anger is like toothpaste, once outside the tube it is too late to put it back.

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 is ours. So next time we run into a situation where someone rubs our fur the wrong way

Lets remember the toothpaste tube illustration (Try it Yourself) and choose to let Jesus work on the deep things that are at the root of our temper problems.

Jesus wants to replace your frustration with His peace. John 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 you find our insecurity level going down and with it the anger potential melts away.

**Don't forget,** Anger is only one letter away from danger.

One final thought for today. Maybe you are angry and you are angry all the time. Maybe you are angry because you have found no one who is willing to help you with the issues that anger you. If that is the case I would like to introduce you to the only one who can help you in a right and proper way. To meet Him all you need to do is read a bit farther, do what it says, by faith, and Jesus will join your team.

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](mailto:lapeerchurch@gmail.com) Subject line: (Salvation)