



**THE LOVE CHALLENGE**  
**Part 7 – Love is Peaceful: How to Control My Anger**  
**I Corinthians 13:5**

Pastor Mark Hartman  
February 21, 2010

*1 Corinthians 14:1 – Make love your **greatest** goal.*

**I. HOW DO WE CHANGE AN HABITUAL REACTION OF ANGER INTO AN HABITUAL REACTION OF PEACE AND CONTROL?**

A. Decide that we really **want** to control our anger.

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

*Proverbs 15:18 (NIV) “A hot-tempered person stirs up **dissension**, but a patient man calms a quarrel.”*

*Proverbs 14:17 (NLT) “Those who are short-tempered do foolish things...”*

B. **Cool down** before we address an issue.

*Proverbs 29:11 (NRSV) “A fool gives full vent to anger, but the wise quietly holds it back.”*

*“Before you begin to give someone a piece of your mind, consider carefully whether you can **spare any**.” (Anonymous)*

*Proverbs 29:11 “...a wise man delays and lets his anger cool down.” (paraphrase)*

**Proverbs 19:11 (TLB) “A wise man restrains his anger and overlooks insults. This is to his credit.”**

**Ask ourselves three questions about our anger:**

- a. “Why am I angry?”
- b. "What do I really want?"
- c. "How can I get what I need by some other means than anger?"

**C. Hear the other person out with a listening ear.**

**James 1:19-20 “My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 for man's anger does not bring about the righteous life that God desires.”**

1. The first thing we should do is ask a question and listen to the answer.

**Philippians 2:4 “None of you should think only of his own interests, but consider other people's interests also.”**

2. The word translated consider is the Greek word, "Scopos" Scopos literally means "to focus on" - to pay attention to.

**D. Learn the art of attacking the issue not the person.**

**Ephesians 4:15 “By speaking the truth in the spirit of love we grow up in every way in Christ.”**

**Ephesians 4:29 “Do not use harmful words, but only helpful words, the kind that build up and provide what is needed.”**

**Romans 12:18 “Do everything possible, on your part, to live at peace with all men.”**

**Psalms 37:37 “The man of peace has a wonderful future ahead of him... a happy ending.”**

**E. Build our closest relationships with others who know how to control their temper.**

**Proverbs 22:24-25 “Do not make friends with a hot tempered man. Do not associate with one easily angered 25 or you may learn his ways and get yourself ensnared.”**



