

The Five Love Languages

- 1. Physical Touch**
- 2. Words of Affirmation**
- 3. Quality Time**
- 4. Gifts**
- 5. Acts of Service**

Ref. Dr. Gary D. Chapman

40 Days to Stronger Relationships

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Love is not easily Angered

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1 Corinthians 13:5 (NIV)
⁵ It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Love is not easily Angered

Facts about anger:

- The average woman loses her temper 3 times a week and the average man 6 times a week.
- Women tend to get more angry at people and men tend to get more angry at things.
- Single people express their anger twice as often as married people.
- Men are more physical in their expressions of anger.
- Anger is most often expressed at home.

How do you Tame your Temper?

1. Resolve to manage your anger.

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

How do you Tame your Temper?

2. Remember the cost of uncontrolled anger.

Proverbs 29:22 (NIV)
²² An angry man stirs up dissension, and a hot-tempered one commits many sins.

How do you Tame your Temper?

2. Remember the cost of uncontrolled anger.

Proverbs 14:16-17 (NIV)
¹⁶ A wise man fears the LORD and shuns evil, but a fool is hotheaded and reckless.
¹⁷ A quick-tempered man does foolish things, and a crafty man is hated.

How do you Tame your Temper?

3. Reflect before reacting to your anger.

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

Ask yourself four questions.

1. Why am I angry?
2. Who or what am I angry towards?
3. What do I really want?
4. How can I get what I want?

Ephesians 4:15 (NIV)
¹⁵ Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ.

How do you Tame your Temper?

3. Reflect before reacting to your anger.

Proverbs 20:1 (NIV)
 Wine is a mocker and beer a brawler; whoever is led astray by them is not wise.

How do you Tame your Temper?

4. Release my anger appropriately.

Ephesians 4:26-27 (NIV)
²⁶ "In your anger do not sin" : Do not let the sun go down while you are still angry,
²⁷ and do not give the devil a foothold.

Proverbs 15:1 (NIV)
 A gentle answer turns away wrath, but a harsh word stirs up anger.

How do you Tame your Temper?

5. Re-pattern your mind.

Proverbs 22:24 (NIV)
²⁴ Do not make friends with a hot-tempered man, do not associate with one easily angered,

How do you Tame your Temper?

6. Rely on God's help.

Romans 15:5 (NLT)
⁵ May God, who gives this patience and encouragement, help you live in complete harmony with each other—each with the attitude of Christ Jesus toward the other.

How do you Tame your Temper?

6. Rely on God's help.

Galatians 5:22-23 (NIV)
²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness and self-control.
