

**PRACTICING PATIENCE**  
**Fruitful Living – Part 4**  
**April 28, 2013**

**Galatians 5:22-23 (NIV)** *“But the fruit of the Spirit is love, joy, peace, PATIENCE, kindness, goodness, faithfulness, <sup>23</sup>gentleness and self-control.”*

**Proverbs 14:29 (NCV)** *“Patient people have great understanding, but people with quick tempers show their foolishness.”*

Patience means... **“Slow to get ANGRY.”**

**HOW TO MANAGE YOUR ANGER...**

**1. RESOLVE to handle it.**

**Proverbs 16:32 (GNT)** *“It is better to be patient than powerful; it is better to win control over yourself than over whole cities.”*

**2. REALIZE the cost of uncontrolled anger.**

**Proverbs 29:22 (NLT)** *“An angry person starts fights; a hot-tempered person commits all kinds of sin.”*

**Proverbs 15:18 (GNT)** *“Hot tempers cause arguments.”*

**Proverbs 14:17 (GNT)** *“People with a hot temper do foolish things.”*

**3. REFLECT before reacting.**

**Ephesians 4:26b (NIV)** *“Do not let the sun go down while you are still angry.”*

**Proverbs 29:11 (NLT)** *“Fools vent their anger, but the wise quietly hold it back.”*

**We get angry...**

When we're HURT.

When we're FRUSTRATED.

When we're AFRAID.

**4. RELEASE your anger appropriately.**

**Ephesians 4:26a (GNT)** *“If you become angry, do not let your anger lead you into sin...”*

**Proverbs 19:11(CEV)** *“It's wise to be patient and show what you are like by forgiving others.”*

**How Do You Respond To Anger?**

Don't REPRESS your anger.

Don't SUPPRESS your anger.

Don't EXPRESS your anger.

Instead, CONFESS your anger.

**5. RE-PATTERN your mind.**

**Romans 12:2b (NIV)** *“Be transformed by the renewing of your mind.”*

**John 8:32 (NIV)** *“Then you will know the truth, and the truth will set you free.”*

**6. RELATE to people who are patient.**

**Proverbs 22:24-25 (NCV)** *“Don't make friends with quick-tempered people or spend time with those who have bad tempers. If you do, you will be like them. Then you will be in real danger.”*

**7. RELY on God's help.**

**Romans 15:5 (NLT)** *“May God, who gives patience and encouragement, help you to live in complete harmony with each other, as is fitting for followers of Christ Jesus.”*