

**Smart Living: The Book Of Proverbs**  
**“How To Control Your Temper” #7**  
**Cornerstone Church Of Poway**  
**Pastor Ed Turley**  
**July 31, 2022**

Their purpose is to teach people to **live disciplined and successful lives**, to help them do what is **right, just, and fair**. **Proverbs 1:3 (NLT2) Remember Verse**

**Big Idea:** If I want success in my life, then I must create **habits** that support my commitments.

**How To Control My Temper**

**1. Thinking Before Reacting**

“The heart of the godly **thinks** carefully before speaking; the mouth of the wicked overflows with evil words.” **Proverbs 15:28 (NLT2)**

“**Fools vent** their anger, but the **wise quietly hold it back**.” **Proverbs 29:11 (NLT2)**

“A hot-tempered person **starts fights**; a cool-tempered person **stops them**.”  
**Proverbs 15:18 (NLT2)**

Three questions to ask myself when I feel angry:

- Am I hurt?
- Am I frustrated?
- Do I feel threatened or attacked?

“Set a **guard** over my mouth, O LORD; keep watch over the door of my lips.”  
**Psalm 141:3 (NIV)**

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

Notes: \_\_\_\_\_

**2. Confessing My Part Of The Problem**

“When a king sits in judgment, he weighs all the evidence, distinguishing the bad from the good. Who can say, “I have cleansed my heart; I am pure and free from sin”? False weights and unequal measures—the LORD detests double standards of every kind.” **Proverbs 20:8-10 (NLT2)**

- Am I being...
- unrealistic?
  - insensitive?
  - oversensitive?
  - ungrateful?
  - too demanding?

“People who **conceal** their sins will not prosper, but if they confess and turn from them, they will receive mercy.” **Proverbs 28:13 (NLT2)**

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

“People with understanding control their anger; a hot temper shows great foolishness.” **Proverbs 14:29 (NLT2)**

Notes: \_\_\_\_\_

### 3. Forgive

“The words of the godly are a **life-giving** fountain; the words of the wicked conceal **violent** intentions. **Hatred** stirs up quarrels, but **love** makes up for all offenses.” **Proverbs 10:11-12 (NLT2)**

Three questions to ask myself when others are angry:

- Are They hurt?
- Are They frustrated?
- Do they feel threatened or attacked?

“A man's wisdom gives him **patience**; it is to his glory to **overlook** an offense.” **Proverbs 19:11 (NIV)**

“Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.” **Ephesians 4:32 (NASB)**

- What do I need to do that will help control my temper?

Notes: \_\_\_\_\_

#### To help control my temper, I will:

- Think before reacting
- Confess my part of the problem
- Look past their words to their pain and forgive

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**[This is only a guide – select the points you want to discuss]**

**Big Idea:** If I want success in my life, then I must create **habits** that support my commitments.

Their purpose is to teach people to **live disciplined and successful lives**, to help them do what is **right, just, and fair**. **Proverbs 1:3 (NLT2) Remember verse**

**Open in Prayer.**

**Ice breaker:** How do you normally communicate when you are angry?  
 Raise your voice? Use hurtful words? Become mute and walk away?  
 Remain calm and composed?  
 Other?

**How To Control My Temper**

**1. Thinking Before Reacting**

**Read Proverbs 15:28**

When you are angry or frustrated, do you using say things that you regret?  
 What wisdom do you learn from this verse?

**Read Proverbs 29:11**

**What wisdom do you learn from this verse?**

What would help you to hold back?

**Read Proverbs 15:18**

Are you known for starting fights or stopping them?

Three questions to ask myself when I feel angry:

- Am I hurt?
- Am I frustrated?
- Do I feel threatened or attacked?

Do you think these questions might help you? Why or why not?

**Read Psalm 141:3**

Write this verse in your own words.

## **Read Proverbs 15:1**

In an argument, do you tend to be more gentle or harsh with your words?

## **2. Confessing My Part Of The Problem**

### **Read Proverbs 20:8-10**

What insight do you get from these verses?

Am I being...                      • unrealistic?                      • insensitive?                      • oversensitive?  
   • ungrateful?                      • too demanding?

Do you think these questions could help you calm things down in an argument?

## **Read Proverbs 28:13**

How easy is it for you to admit your faults? Why?

## **3. Forgive**

### **Read Proverbs 10:11-12**

**In an argument, do your words lend toward “Life-giving?”**

What will help you to be more encouraging?

Three questions to ask myself when others are angry:

- Are They hurt?
- Are They frustrated?
- Do they feel threatened or attacked?

Do you think these questions could help you have better understanding?  
Why or why not?

## **Read Proverbs 19:11**

Is it easy or hard for you to overlook someone’s offense? Why?

## **Read Ephesians 4:32**

In comparing all of your sins that Jesus has forgiven, how easy or hard should it be to forgive someone who has offended you?

Who do you need to forgive and show kindness?

Close in prayer.