C. Forgive people who hurt you.

30 "*And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.*
31 *Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice."*
Ephesians 4:30-31

D. Pause and pray when your temper is rising.

29 *"He who is slow to wrath has great understanding, but he who is impulsive exalts folly."* Proverbs 14:29

E. Reflect before reacting.

Quote Scripture.

11 *"Your word I have hidden in my heard that I might not sin against You."* Psalm 119:11

Stop and ask two questions:

- Will getting angry change the situation?
- Is it really worth being upset about the situation?

F. Leave the vengeance to God and respond with gentleness.

18 "*If it is possible, as much as depends on you, live peaceably with all men.*
19 *Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord.*
20 *Therefore "If your enemy is hungry, feed him; If he is thirsty, give him a drink; for in so doing you will heap coals of fire on his head."* Romans 12:18-20

G. Repair the damage caused by anger.

23 "*Therefore, if you bring your gift to the altar, and there remember that your brother has something against you,*
24 *leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift."* Matthew 5:23-24

GENTLENESS: MANAGING ANGER

JUICY FRUIT
Transform Your Character

Gentleness: Managing Anger
Pastor Steve Reynolds

Introduction:

A. When life squeezes you, what character spills out?

Character matters.

Your true character is revealed during adversity. Unfortunately, many times, what spills out is not positive.

It's time to transform your character and experience the "juicy life" found through the Fruit Of The Spirit.

B. Join us for our 9-week Fall Spiritual Growth Campaign and Teaching Series called JUICY FRUIT: TRANSFORM YOUR CHARACTER. Each week we will do a deep dive into one of the nine fruits of the Spirit. These are godly character traits that God wants to develop in your life.

22 *"But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,*
23 *gentleness, self-control. Against such there is no law."*
Galatians 5:22-23

Oct 4	Love: Being The Hands & Feet Of Jesus
Oct 11	Joy: Experiencing Joy At All Times
Oct 18	Peace: Overcoming Worry & Conflict
Oct 25	Patience: Trusting God While You Wait
Nov 1	Kindness: Showing Genuine Care
Nov 8	Goodness: Choosing To Do Right
Nov 15	Faithfulness: Unwavering Commitment To God
TODAY	Gentleness: Managing Anger
Nov 29	Self-Control: Mastering Impulses & Actions

TEXT: Proverbs 15:1

The Key Verse For Juicy Fruit Gentleness:

1 *"A soft answer turns away wrath, but a harsh word stirs up anger."* Proverbs 15:1

HOW TO MANAGE ANGER

Here is what the "juicy life" process looks like:

Fruit of the Spirit plus Consistency plus Time equals Godly Character.

I. THE NATURE OF ANGER

Anger: Excessive feeling of displeasure when selfish desires are not met.

"Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured."
(Seneca, Roman Stoic Philosopher).

9 *"Do not hasten in your spirit to be angry, for anger rests in the bosom of fools."* Ecclesiastes 7:9

II. FIVE POSSIBLE RESPONSES TO ANGER

A. Lose your temper.

18 *"A wrathful man stirs up strife, but he who is slow to anger allays contention."* Proverbs 15:18

B. Get even.

19 *"Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord."* Romans 12:19

C. Take it out on someone else.

15 *"Moreover, if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother."* Matthew 18:15

D. Hold it in and become bitter.

26 "*Be angry, and do not sin": do not let the sun go down on your wrath,*
27 *nor give place to the devil."* Ephesians 4:26-27

E. Give it to God and respond with gentleness.

28 *"Come to Me, all you who labor and are heavy laden, and I will give you rest."* Matthew 11:28

III. SEVEN STEPS TO REPLACE ANGER WITH GENTLENESS

The goal is to put off anger and put on gentleness.

8 "*But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth*
10 *and have put on the new man who is renewed in knowledge according to the image of Him who created him,"*
Colossians 3:8,10

A. Realize the cost of anger.

22 "*An angry man stirs up strife, and a furious man abounds in transgression."* Proverbs 29:22

Anger will shatter your…

1. …home.

   Our homes should be a training ground to properly teach our children how to handle anger.

2. … health.

   Angry people develop physical problems.

3. … happiness.

   Anger robs you of happiness.

B. Identify what triggers your anger.

11 *"The discretion of a man makes him slow to anger, and his glory is to overlook a transgression."*
Proverbs 19:11