

## SERMON NOTES

**Title: Fruit That Is Never Out  
Of Season: PATIENCE**

**Topic: Anger**

**Text: Gal. 5:22-23; Pro. 14:9**

**Teacher: Pastor Barry**

**Time: 8/15/21**

**File Under: Devotional**



In an imperfect world, we all need patience. You can't talk about patience without talking about **anger**.

God gave you the capacity to get angry. Getting angry is not a **sin**. But anger has to be controlled, because uncontrolled anger can be very **destructive** to relationships.

Seven Biblical keys to managing your anger...

### 1. RESOLVE TO **MANAGE IT**. Proverbs 16:32

The key to managing your anger is to decide **in advance** how you're going to handle it.

### 2. REALIZE THE **COST** OF UNCONTROLLED ANGER. Proverbs 29:22

There's always a **price tag** when you get angry. Ephesians 4:26; Proverbs 29:11

### 3. **REFLECT** BEFORE REACTING

**Delay** is a tremendous tool and a great remedy when it comes to anger. *"When you're angry you count to 10 and when you're very angry, count to 100."* - Thomas Jefferson

### 4. RELEASE YOUR ANGER **APPROPRIATELY**. Ephesians 4:26

Patience is not pretending anger doesn't exist. Patience is acknowledging it but not giving it **full vent**. Proverbs 29:11

### 5. REPROGRAM YOUR **MIND**. Romans 12:2

The way you think determines the way you feel; the way you feel determines the way you **act**. If I want to change my behavior, I've got to change the way **I think**.

### 6. RELATE TO **PEOPLE WHO ARE PATIENT**. Proverbs 22:24-25

Make friends with patient people. Anger is a learned response that means it can be **unlearned**.

### 7. RELY ON **CHRIST'S HELP**. Romans 15:5

The level of patience you have in your life will be in direct proportion to level you are **filled with Christ's Spirit**.